

HaysKids Radical Approach to Success

The Radical Approach is based on:

- The five major parts of the Wheel to Success.
 1. Body (nutrition, exercise, and hygiene)
 2. Academics (educational, life skills, and learning about FASD)
 3. Executive Functioning (being focused, regulating behaviors and emotions, organization of thoughts and life, desires and abilities to accomplish goals, not being impulsive)
 4. Relationships (friends, relationship parenting, recreation)
 5. Values (moral values, laws, manners, community, beliefs, sexuality, accepting help, being nice)
- OT exercises – This was inspired by a Canadian after school program.
 1. Games – help with balance, fine and gross motor control, pathways in the brain, flexibility, processing speed, coordination, and other areas.
 2. Types of games – cross crawl, balance, teeter, standing on one foot playing catch, walking on special walkers, ball and ring game, etc.
 3. MeMoves – visit Thinkingmoves.com for more information.
- Physical strength/Cardio exercise. There is an excellent program called “Sprint 8” or interval training. Weak upper body causes many of our children problems.
- Computerized Brain Exercises to include testing and evaluations before and during the program. Help in the following areas:
 1. Short term memory
 2. Processing speed
 3. Enhance ability to pick up on non-verbal cues
 4. Managing emotions
 5. Boost attention and executive functioning skills
 6. Reduce stress
 7. Maximize your positivity

*Hayskids uses My Brain Solutions for our brain game exercises.
Search the web for brain game exercises to see a listing of other companies.
- Relationship Parenting – special parenting techniques for parenting children and adults with special needs
- Teach them about their disability (much as you would teach someone with diabetes about diet and life style)
- Chores and Charts - both of these come under life skills and improving executive functioning skills. Just using charts for the radical approach and for chores has helped our kids. I am not talking about sticker charts; I'm talking about check off list. (There is a copy of the charts at the end.)

Warning: I am not interested in giving an individual a greater ability to get into trouble. We highly recommend that you in the very least teach the person you are working with about FASD and that as parents, you practice relationship parenting.

I have seen a person diagnosed with FASD have their life changed because of taking up racquetball. The game is very physical and the ball moves very fast. It forces the players to speed up their processing speed. By doing this, the young

man not only became much better at racquetball but he also became a much better communicator (he is no longer trying to figure out the question as you were impatiently waiting for the answer) and problem solver. In turn, it has raised his self-esteem, the way he sees himself, and the way others see him. He use to have a lot of anger right under the surface, and for the most part, that is gone. It has become much easier for him to think about his future and for him to talk about it with others. I am not saying by any means that he is healed but he is certainly doing better.

Radical Approach

Date		Bedroom	Dishes / School Room	Chores	PT	Me Moves AM session do 3	Computer Brain games 30 min	Academics	Concentrated exercises 20 min	If all done \$.75	Piano practice 20 min	Me Moves PM session do 3	Computer games	Fun games	If all done \$1.00	Totals
	Joe															
	Sue															
	Mary															
	Cody															
	Joe															
	Sue															
	Mary															
	Cody															
	Joe															
	Sue															
	Mary															
	Cody															
	Joe															
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	Joe															
	Sue															
	Mary															
	Cody															
	Joe															
	Sue															
	Mary															
	Cody															

Totals
Joe

Sue

Mary

Cody

