

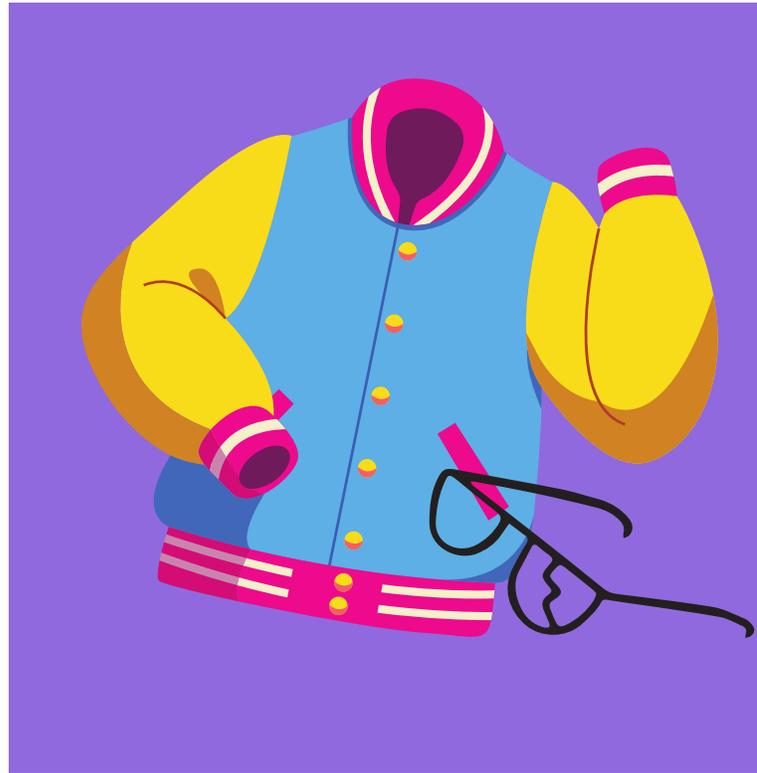
Lost Jackets and Broken Glasses

By Heidi Anderson, Certified Zing Performance Specialist

I was reading an article the other day that reminded me of the year that my son went through 5+ pairs of glasses. My son was diagnosed with ADHD when he was in elementary school and one of the struggles that he had was to constantly push his glasses back up his nose. He did this so forcefully and so often that his glasses would break. I would call the optometrist and tell them, “the glasses broke at the nose crook again”, and because it was within the same year, most were covered under warranty.

Whew! But we did have to pay for a few replacements and we had many discussions that went something like, “can you stop pushing on your glasses so hard?” As well as “just stop breaking them!”

This was 4th grade year, and it was tough. On top of the glasses were the coats left on the playground, in the cafeteria, at a friend’s house, basically anywhere we went. It’s hard to remember these things when you are in 4th grade and have more important things on your mind, like making it to the next level on your game. My son was capable of good grades because he could read well, but his distractibility level was high and he would talk incessantly, which would cause many problems in the classroom.



Do you have a child with similar struggles? We can help! Zing Performance is a balance and coordination exercise program that increases skill levels while improving daily life and function. Zing is for reading struggles and ADHD symptoms in children aged 7+ and adults.

If you would like more information on this program and how it can help your family, give Brighton Clinic of Chiropractic a call at 303-993-6092 for more information!