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## **FOR IMMEDIATE RELEASE**

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### **Is it ADD? Or Are They Indigo?**

**Briarcliff Manor, NY – January 15, 2001** Parents with a preschool, middle school, or high school child today face an increasing challenge if their child's behavior is getting them in trouble at school. Fidgeting, inability to focus and pay attention, social disruptiveness, and a reported dislike for how the class activities are structured may be what you hear about – and sometimes “diagnosed” as ADD or ADHD – but is there something else going on instead? In a recent book by Jan Tober and Lee Carroll, titled *The Indigo Children Are Here*, parents have a different way to view what may be happening for a child experiencing trouble with authority and with tasks that are being asked of their child in the classroom.

The **traits of an Indigo child** include:

- being alert and aware of who they are with a wisdom that belies their age
- extremely intelligent
- exceptionally gifted in one or more areas
- disdain for authority (unless the authority figure approaches with respect and love)
- highly intuitive and possibly psychic
- impatient
- oversensitive to the environment and may be prone to allergies
- intense interest in spirituality and God

To place a child with these characteristics in a normal American school system, will create automatic challenges that need to be negotiated carefully, so as to preserve the child's self esteem while finding appropriate solutions that serve everyone well. Not all school systems are interested – or able – to do so, and the child may be classified as a “troublemaker” or with ADD or ADHD.

In the very worst cases, medications may be prescribed (such as Adderall or Ritalin) in an attempt to control behaviors. According to Life Coach Nancy Boyd, whose practice serves Indigo children, teens, parents and families, “While these drugs may be miracles for children who really do have ADD or ADHD, they are disastrous for the sensitive systems of Indigo children, and should be avoided. Introducing drugs into their system sets up patterns of dependency that later can translate into more dangerous drugs, and encourage escapism, neither of which are helpful.”

Says Boyd, “Instead of drugs, coaching is a tool that can work quite well for Indigo children and teens, because it is respectful and engages the child in creating their own solutions, helping to build strong self esteem and social skills that will serve them well in their school life, personal development and relationships. Indigos of all ages respond very well to the coaching model.”

Even for children with ADD and ADHD it is important to limit the kinds and amounts of stimuli they receive – which means limit how much TV and computer games are allowed. Boyd says that it is good to encourage

more physical activity, especially outdoors. “And make sure the children are receiving enough of the right kinds of nutrients and very little junk food; an Indigo child will often show marked improvement through a thorough change of diet alone, after sugar and inappropriate junk food is removed and plenty of vegetables, fruits, and complex carbohydrates are put back into the diet and some vitamin supplements are added to compensate for nutrients lacking in daily food intake.”

Parents who suspect there may be something different from ADD going on, and who know about Indigo children, would do well to investigate alternatives to drugs as well as to work on creative solutions for the social and educational challenges facing their child. Above all, parents need to partner with their children, as the responsible adults in their lives, to create safe and nurturing environments where their special children can grow and thrive. There can be good outcomes for both children with ADD and who are Indigo – if parents get involved, and ask the right questions.

Bright Wings, Inc., serves people who are up to something good, with personal and professional coaching, and other holistic products and services including flower essence therapy. For inquiries about coaching programs and services, call 1-888-833-1725, and for a free assessment to determine if you or your child may be indigo, visit <http://www.indigocoach.net>.