

CCYP HAPPENINGS

July 2021

ccypsd.org



Center for Child &
Youth Psychiatry

A PROGRAM MANAGED BY NEW ALTERNATIVES

Happy July!

Summer is coming to an end and school is just around the corner and we have informative topics to share with you.

In this month's newsletter:

- Article on long-term overconsumption of sugar written by CCYP psychiatrist, Dr. Compagnone
- How to manage ODD
- Summer reading

Long-Term Overconsumption of Sugar Starting at Adolescence Produces Persistent Hyperactivity and Neurocognitive Deficits in Adulthood by Dr. Compagnone

A study conducted at the Queensland University of Technology looked at the role of poor dietary habits, most specifically consumption of sugar and its relationship with impulsivity and cognitive processing.

In many countries the average individual consumes more than four times the WHO recommendation for sugar consumption (25 g/person/day). There is increasing evidence that there are similar molecular signaling pathways involved in sugar consumption and drug abuse. In humans, consumption of sugar can induce dopamine release with a reward and craving cycle similar to drugs of abuse. In rodent studies high consumption of sugar has been shown to increase reward seeking, impulsivity to feed, and compulsive noxious behavior. Other studies have shown that high sucrose consumption can impair neurocognitive functions such as spatial learning, object recognition, behavioral inhibition, and fear-memory.



Studies in humans have revealed a strong association between ADHD and obesity/overweight. High sugar consumption correlates with hyperactivity in children and with attention and impulsivity in adults.

This study utilized a mouse model of long-term sugar consumption to determine the effects of anxiety, memory, locomotion and hippocampal neurogenesis. This study showed for the first time that sustained excessive consumption of sugar in the form of sucrose leads to significant weight gain, produces persistent hyperactivity and learning impairments, and was correlated with reduced hippocampal neurogenesis and alternation in both episodic and spatial memory. The study, however, did not find a correlation between long-term sucrose intake and anxiety or depressive-like behavior.

This study highlights the detrimental effects of long-term sugar intake starting at adolescence on weight gain, hyperactivity, impulsivity, and deficits in memory and hippocampal neurogenesis.

For more details on this study: <https://www.frontiersin.org/articles/10.3389/fnins.2021.670430/full>

What is ODD and how can I manage my child's behavior?

[Oppositional Defiant Disorder](#) (ODD) is a behavioral disorder in children characterized by a clinically significant level of negative, disobedient, and defiant behavior. For a child to be diagnosed with [Oppositional Defiant Disorder](#), symptoms must be present for more than six months. Behavior must be markedly different than typical children of the same age and developmental level and must not be better explained by another disorder or event.



A child with significant behavioral issues may exhibit signs of anxiety, have frequent and severe tantrums, be manipulative, and/or be repetitively defiant towards those in authority. Often these children are labeled by teachers, peers, and parents as disruptive, frustrating, mean, or even “bad.”

If your child exhibits behaviors associated with Oppositional Defiant Disorder, manage his or her behavior with the following strategies:

1. Use a calm voice when dealing with oppositional defiance.

A child with Oppositional Defiant Disorder is often hoping to engage his or her parents in a battle of wills. Explain in as few words as possible your position or parental requirement then do not continue to discuss the issue. It is difficult for kids to argue when they have no one to argue with them! If you engage in a back-and-forth argument with a defiant child, you have given the child the power to control the exchange. Remember, the house rules apply to everyone in your home. If you break one of the house rules, give yourself a consequence like apologizing or taking a short time-out to gather your thoughts. Since kids with ODD often see themselves as victims, lead by example to show your child that you aren't too proud to apologize and that the house rules apply to everyone in the family.

2. Celebrate your child's successes.

Kids with ODD have trouble regulating their emotions, which can lead to the severe outbursts and tantrums associated with the disorder. If your child is able to successfully manage his or her behavior for a longer than usual period of time, celebrate those successes with a family dinner at a favorite restaurant or some other fun family activity. Let your child know you notice and appreciate the extra effort. Make time to have fun and connect with your child when he or she is calm and functioning well.



3. Create a structured environment.

It's no secret that when children are well-rested, physically fit, and get sufficient nutrition, they are better able to regulate their emotions. Make exercise, healthy meals, and adequate sleep a priority. A structured, healthy lifestyle will not only benefit a child with Oppositional Defiant Disorder but your entire family!



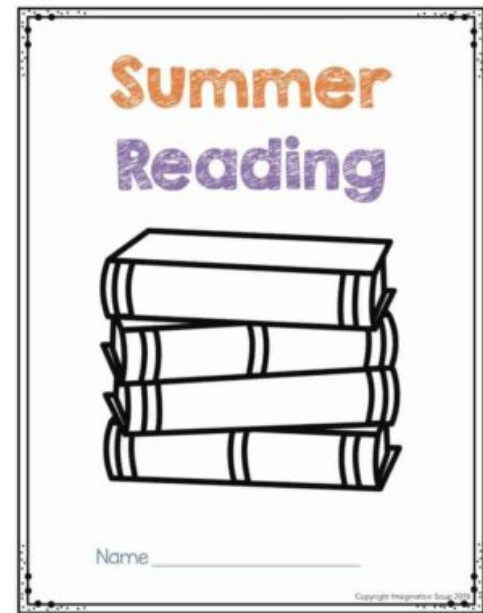
4. Set a few non-negotiable house rules and enforce them with consequences.

Kids with ODD are often [anxious](#) and have an overwhelming need to control their environment and others. Keep house rules simple and limited so kids don't feel stifled or overwhelmed. For instance, rules may include, "We don't hurt ourselves, others, or property. We use kind language and don't raise our voices." Display house rules and decide ahead of time on consequences for breaking a rule so kids know what to expect if they do. Once your child has completed the consequence, move on from the incident. Show your child that each new day is a chance to make better choices.

Tips to Make Summer Reading Happen

1. **CHOICE:** Let your kids choose the books that they read. **Kids Need to Pick Out Books.**
2. **BOUNTY:** Fill your house with lots of books. More books = more chances for your children to find a fantastic, amazing, very good book that they can't put down.
3. **LIBRARY:** Use your library. Let your kids go WILD and check out lots of books!

Check out [this link](#) for reading lists geared specifically for kids of all ages including picture books for pre-readers and topics of interest from 1st grade to 8th grade and up.



there is
power in
kindness.