

Positive Parenting

Understanding the Challenges

A LEARNING DISABILITY

- Is diagnosed when a person has a significant discrepancy between their level of ability (e.g. language processing, short and long term memory and perceptual skills) and their academic achievement (e.g. writing, math, spelling, listening and speaking skills).
- Can be assessed through a psycho educational assessment.
- Is facilitated by accommodating and/or modifying a student's academic program.

ATTENTION DEFICIT HYPERACTIVITY DISORDER (A.D.H.D.)

- Is a neurodevelopmental disorder that causes inattention and impulsivity and sometimes can cause hyperactivity.
- Can occur in children, teenagers and adults; affecting more males than females.
- May cause difficulty in organizing and completing assignments.
- May be treated with a stimulant medication.

CENTRAL AUDITORY PROCESSING PROBLEM (C.A.P.)

- Is diagnosed when a student has difficulty understanding/processing what is spoken to him or her; usually hearing is normal.
- Is assessed by an audiologist.
- Can cause difficulties in reading, spelling and following directions.
- Is lessened by reducing distractions and background noise, gaining the child's attention, keeping instructions brief and using visual aids.

A SPEECH AND LANGUAGE DELAY

- Is a communication disorder that can effect articulation (the way words are said) and the language skills (the way words are used).
- Is assessed by a speech and language pathologist.
- May affect speaking, reading, spelling and writing skills.
- May be aided by speech therapy.

SKILLS THAT PARENTS NEED TO TEACH THEIR CHILDREN

Positive Self Talk

- I am smart, I just need extra time to learn new things.
- I am good at playing baseball and hockey.
- I am good at cleaning my room and making my own breakfast.

Daily Living Skills

- Cleaning own room, doing simple household tasks.
- Getting up with an alarm, taking own medication, caring for personal hygiene.
- Handling money, learning how to shop, using the telephone.
- Making own breakfast and lunch.

Organizational Skills

- Be prepared the night before so you're ready in the morning.
- Always be prepared and on time for class.
- Do homework regularly.
- Clean out binder periodically, especially if too full or messy.

Memory Techniques

- Notes left on the fridge, placemat, bulletin board.
- Specific places for homework, lunch, keys.
- Use a watch that has an alarm.
- Use a day timer, calendar.
- Use verbal rehearsal.

Communication Skills

- Eye contact, inviting body language.
- Use of thank you, please and excuse me.
- Turn taking in conversation, polite ways of interrupting.

Homework and Study Habits

- Ask your teacher to explain the homework if you don't understand it.
- Do homework at the same time every night if possible.
- Build in breaks or rewards for yourself.
- Use a computer for written assignments – easier for editing spelling.
- Work with as few distractions as possible – no radio or TV.
- Use a tutor if child and parent can't work together.

How to Release Energy

- Walk to and from school if possible.
- Play sports during the lunch hour.
- Doodle or take notes while listening.
- Break assignments into smaller chunks, take breaks.
- Shift body position regularly