



Learning Disabilities Association of Utah

December 2009

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Calendar

LDAU Board Meeting
Jan. 5, 2010

Provo Meeting
January 2010

LDA National Conference
Feb. 17-20, 2010
Baltimore, Maryland

LDAU State Conference
March 5, 2010
South Towne Expo Center, Sandy
7:30 a.m.

Learning Outside the Lines: Strategies for Parents, Teachers and Students

Family Links North Conference
March 2010

FROM THE BOARD

By Felicia Wood

LDAU Board Member

In Search of Resources

Years ago as a young mother of a newly diagnosed son with ADHD, my first inclination was to educate myself. I wanted to learn everything I could about his diagnosis so that I would be an informed advocate for my son. When my husband and I discovered, a couple years later, that our daughter was struggling with learning disabilities, we did the same thing.

We sought to educate ourselves regarding the many interventions available, what exactly a learning disability meant, and how we as parents could help her succeed. Often times this was a labor intensive and costly process: attending conferences, checking out books at the local library, buying books and materials to supplement our children's education, and attending classes or workshops to increase our parenting skills.

Through this lengthy learning process I was inspired to continue my formal education and eventually earned my Master's Degree in Social Work. This has enabled me to continue my work with children who have learning challenges in the school system and uses the many resources I have acquired.

Through the many experiences I had with my own children, I realized I often didn't know where to find the resources our family needed or even what questions to ask.

Fortunately, the Internet is a great tool! It has made information more accessible, organized, and often less expensive. You can now download materials for free, search for and read a synopsis of a book and then order it directly from a bookseller, often for less than you would spend in a store!

Though this makes it easier to obtain information, keep in mind that not all information on the Internet is valid. Look for research based materials and/or information from a trusted site such as the Learning Disabilities Association of Utah (LDAU) www.ldau.org or www.LDA.org. A great place to begin your search for information is the Utah Parent Center

www.utahparentcenter.org. They can direct you to the information you need and the organizations that might help. Also, searching the Internet for organizations specific to your child's disability such as the website for Children and Adults with Attention Deficit Hyperactivity Disorder, www.chadd.org or websites with information on dyslexia www.dyslexiacenter.org or www.interdys.org can be very helpful and educational. This is just a small example of the websites that are online to help guide you in your search for resources.

Attending a support group is also an excellent way to increase your knowledge while at the same time better understanding how other families have dealt with similar challenges. Support from others is crucial, especially when your child is newly diagnosed; often, family members or friends may not fully understand what you are going through or how to help.

Conference attendance also provides opportunities to learn more about your child's disability and the unique set of parenting skills that may be needed to support them. Conference speakers and attendees may offer a new perspective, the latest research, a supportive or humorous take on the situation, and the chance to help you feel as though you're not in this alone.

One such conference is the upcoming LDAU Conference, "Learning Outside the Lines: Strategies for Parents, Teachers and Students" featuring Jonathan Mooney on March 5, 2010 at the South Town Expo Center.

Now as an older and more experienced mother of four almost grown children, I realize how much I have learned from my children and others in the disability community throughout the years. The conferences, support groups and meetings I have attended, the many books I have read, and the people I have met, have all culminated in giving me a broader understanding of disabilities and my children's own struggles. At the same time, the growth I've experienced from the wonderful opportunities I've been involved with and the friendships I have formed have forever changed my life for the better.

CAN YOU HELP?

LDAU is in need of donations to assist with the costs of our upcoming conference.

LDAU is a 501(c)(3) non-profit organization. Both personal and corporate monetary donations, as well as in-kind donations, would be appreciated.

For more information, please contact us at (801) 553-9156.

RESOURCE LIST

By Felicia Wood

FOR PARENTS:

Understanding ADHD by Christopher Green, Kit Chee

An overview of conventional ADHD theory and treatment in a direct and easy to read format

Learning Disabilities A to Z by Corinne Smith and Lisa Strick

Learning Disabilities: A to Z (A Parent's Complete Guide to Learning Disabilities From Preschool to Adulthood), provides a comprehensive discussions of learning disabilities in children available today.

What Happens Next? By Laura Dwight and Cheryl Christian

A set of vignettes for very young children help your child think about the order of tasks. A nice precursor for young children developing an understanding of cause and effect

Uniquely Gifted : Identifying and Meeting the Needs of the Twice Exceptional Student

Edited by Kay Kiesa

If you have a child who is gifted in some areas of education and yet struggles in others, this book is for you.

Seven steps to homework success: A family guide for solving common homework problems by Sam Goldstein and Sydney Zentall (Local author)

Hyperactivity: Why won't my child pay attention? By Sam Goldstein and Michael Goldstein (Local author)

Classroom Success for the LD And ADHD Child by Suzanne H. Stevens

Stevens provides a wealth of experience, both from a teacher's point of view and as a therapist, for helping your child with learning disabilities not only survive the school system, but also benefit from the process

No Easy Answers : The Learning Disabled Child at Home and at School by Sally L. Smith

This book stands out for its description of the characteristics of children with various learning disabilities and the impact of learning disabilities on a child's life, family, and functioning in school.

Dr. Larry Silver's Advice to Parents on Attention-Deficit Hyperactivity Disorder by Dr. Larry Silver

An in-depth look at the impact of Attention-Deficit Hyperactivity Disorder on a child and his or her family.

Bonding While Learning: Activities to Grow Your Relationship While Preparing for Reading Success

by Gary Kosman and Grace Chiu

This book provides lots of practical activities to share with toddlers and preschoolers to encourage speech, early reading, and interactive communication. Letters, sounds,

listening skills, decoding, and more are encouraged through games and exercises which are easy to set up at home, daycare, or school. This is a great resource for young children with special needs, including speech, dyslexia, or autism.

FOR CHILDREN AND TEENS

Learning Outside The Lines by Jonathan Mooney and David Cole (Upcoming 2010 LDAU Conference Keynote Speaker)

For older students, basic skills such as keeping notebooks, paying attention, organization, with a humorous bent from two self-proclaimed Harvard academic "failures" with learning disabilities.

The Survival Guide for Kids with LD: Learning Differences by Gary L. Fisher

Discusses how children with "learning differences" can get along better in school, set goals, and plan for the future.

The Don't-Give-Up Kid and Learning Differences by Jeanne Gehret

A children's book with much needed encouragement for kids with LD or ADHD.

Whoa, Wiggle-Worm: A Little Lemon Book about an Overly Active Child by Betsy B. Lee

From the publisher: Little Lemon and Lickety-split help David (Wiggle-worm) gain self-control, self-respect, the respect of others, and secrets for doing better in school. Discussion questions in the book deal with strategies, the impact of nicknames, and how it feels to be helpful.

Many Ways to Learn: Young People's Guide to Learning Disabilities by Judith M. Stern, Uzi Ben-Ami, Michael Chesworth (Illustrator)

First person account of learning disabilities and strategies for coping with the problem and leading a successful life. Includes tips and strategies for success at school, with homework and tests. Ages 8-13

Thank You, Mr. Falker by Patricia Polacco

A children's book set in 1950's is the true, heart touching story of a child's struggle with dyslexia. Recommended for elementary students and their parents, teachers and classmates

Eukee: The Jumpy Jumpy Elephant by Clifford L. Corman and Esther Trevino

Eukee is a smart little elephant who likes to chase butterflies, blow bubbles, and do cartwheels. He always feels jumpy inside, however, and can never finish the march at school. Unhappy that he doesn't have any friends, he consents to a visit to the doctor where he learns he has ADD.

Happy Birthday Jason by C. Jean Cutbill and Diane Rawsthorn

Jason's story reveals that children with learning disabilities are more similar to other children than they are different.

What Do You Mean I Have a Learning Disability? by Kathleen M. Dwyer

Ten-year-old Jimmy is having problems at school and believes he is stupid. After a parent-teacher conference, he is tested and found to have a learning disability.

Shelley: The Hyperactive Turtle by Deborah M. Moss

Shelley is a young hyperactive turtle who faces difficulties due to his inability to sit still

and behavior problems, which lead to problems at school and with friends causing a poor self-image and depression. After a visit to a neurologist, he no longer thinks of himself as a bad turtle and his condition improves.

A Zebra Named Al by Wendy Isdell

Julie is an eighth grader who has trouble in math. Frustrated, she rests her head on her book... and is awakened by an Imaginary Number who appears in her room. When she follows the Number through a mysterious portal, she enters a strange land of mathematics, where she meets a zebra named Al.

The Best Fight by Anne Schlieper

Jamie is an adolescent boy who has learning disabilities in reading. Frustration combines with alienation due to his placement in special classes. His mixed emotions toward his teachers and others are explored.

Extraordinary People with Disabilities by Deborah Kent and Kathryn A. Quinlan

Nearly 50 men and women with mental or physical disabilities are profiled in this collection.

Reach for the Moon by Samantha Abeel (2009 International LDA conference speaker)

Samantha, a 13-year-old girl with a learning disability in understanding mathematical concepts, provides a collection of illustrated poems and stories. She writes about her difficulties in middle school, including coping with her disability, and the emotional challenges.

100 Things Every College Student with a Disability Ought to Know by Kendra D. Johnson, Ed.D and Trudie N. Hines

The Survival Guide for Teenagers with LD: Learning Differences

Rhoda Cummings and Gary Fisher, 2002

The Motivation Breakthrough: 6 Secrets to Turning On the Tuned-Out Child by Rick Lavoie

(2009 International LDA Conference keynote speaker)

It's So Much Work to Be Your Friend: Helping the Child with Learning Disabilities Find Social Success by Rick Lavoie

<http://www.as.wvu.edu/~acad/ldbooks>

[html](#) (Additional Book List from West Virginia University)

LDAU CONFERENCE 2010

Learning Outside The Lines: Strategies For Parents, Teachers and Students

FEATURING JONATHAN MOONEY

BREAKOUT SESSIONS:

Assessment	Math Interventions
Adult Assessment	504/ADA
Bullying	Math for Secondary Students
Verbal De-escalation	IEP
Post-Secondary	Accommodations
Reading	Dyslexia Simulation
Reading for Adults	Behavior Management
Post-secondary Transition	Vocational Rehabilitation
Why Try?	Medications
Asperger's/NLD	Irlen/Vision Therapy
Speech and Language	Adaptive Technology
Panel Presentation	Lexia
USIMAC	Stress Management
Waterford Research Institute reading	

REGISTRATION FEES:

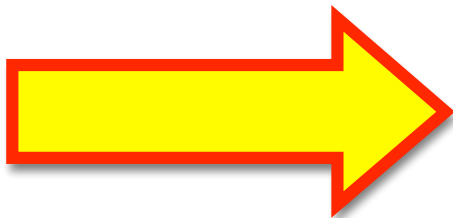
College students	\$30
LDAU members	\$40
Non-LDAU members	\$75

CACTUS credit available

Exhibit Rental & Sponsorship

Information: Call 801-553-9156

(24-hour answering service)



**Join us for a motivational
presentation in the evening for
students, parents, educators,
college students and other
adults given by
Jonathan Mooney.**

WHAT WORKED FOR US

From Gaylia Tanner,
Corresponding Secretary

Here are a couple of ideas that worked for our daughter in Jr. High.

1. Buy a notebook for each subject in a color that matches the textbook. It helps to keep the notes for each subject in the correct notebook.
2. At the beginning of each day, put all of your books and notebooks on the top shelf of your locker. After each class if you have homework, place the books and notebooks on the bottom shelf. When you are ready to go home, you have your homework in one place.
3. For secondary students, parents could ask to check out next year's textbooks for the summer. Most schools will let you pay a deposit on the textbooks, and it is a great time to help them get familiar for the next year.
4. Many of the English teachers will give students a list of the novels that will be covered during the school year. The summer is a good time to get started.

From Craig Hiatt, Member-at-Large

- Our family used to read a book together out loud. This helped my daughter with reading problems to increase her reading ability. We would read a chapter a night and each person would read a paragraph. At first she required a lot of help, but each week the progress could be seen until by the end of the book she could read about on grade level.

From Deanne Shields, President

- Some fun games that facilitate learning at the same time include Blink, Qwitch, and Gobble.

From Lynda Hansen, Newsletter Editor

- My son started out using a Razor-type scooter (not motorized) when he was younger. This helped him develop the feel for balance on two wheels so that when we taught him to ride a two-wheel bike, it came much more easily to him.
- Legos™ were a big hit for him as well. It helped him with fine motor skills as well as imagination.

What worked for you? We'd like to hear from our members. Send us ideas that have worked for you to:
LDAUtah.news@gmail.com