

Recommended resources to begin to learn about learning problems:

Our top pick:

The Mislabeled Child by Dr. Brock Eide and Dr. Fernette Eide.

Owners of the Eide Neurolearning Clinic near Seattle, these homeschooling parents have produced a readable, comprehensive guide to many kinds of learning challenges. The chapters cover a different kind of difficulty. Each chapter includes four sections: symptoms, causes, how to get evaluated, and what helps.

To understand and help with specific issues:

For **auditory processing disorder**, read Teri James Bellis' book, *When the Brain Can't Hear*.

For **dyslexia**, read Dr. Brock and Fernette Eide's second book, *The Dyslexic Advantage*. Visit dyslexicadvantage.com for online forums, videos, and more.

For **sensory processing issues**, see *The Out-of-Sync Child* and its sequels by Carol Kranowitz.

For **mental health disorders**, psychologist Dr. Richard Ruth says:

I usually direct parents first to the free public information publications of the National Institute of Mental Health, <http://www.nimh.nih.gov/health/publications/index.shtml> But I stress that what they read should be a starting point for a conversation with a mental health professional, not a substitute for it. There's so much information that it's a challenge for a family to integrate it all, and, too often, books for parents present opinions as facts – just like they do when discussing home schooling. If parents read something from the NIMH, make a list of their questions or concerns, and schedule a consultation with a mental health professional, a lot can be accomplished. It's no longer the case that just talking over things yields an automatic recommendation for years of therapy. At least not in my office.

What good are labels? Understanding your child's learning problems
Kathy Kuhl February 9, 2015

For **distractibility, impulsivity, hyperactivity, inattention, AD/HD, or ADD**, there are many good books. Two favorites that focus on helping:

Melinda Boring's *Heads Up Helping: Teaching Tips and Techniques for Working with ADD, ADHD, and Other Children with Challenges* helps you work around (accommodate) the challenges with practical, creative suggestions for reducing the distractions.

Stephen and Marianne Garber's book, *Is Your Child Hyperactive? Inattentive? Impulsive? Distractible?* helps you help your child learn to focus better (remediate those difficulties).

Whether they have AD/HD or not, kids and teens can have serious **difficulties with organizing themselves**, their time and their stuff. Those skills are called **Executive Functions**. Two books by Peg Dawson & Richard Guare can help: *Smart but Scattered* and *Smart but Scattered Teens*, as well as Marydee Sklar's *50 Tips to Help Students Succeed*.

For **ADHD with autism**, see Diana Kennedy's two books: *The ADHD-Autism Connection* and her newest book, *Bright Not Broken: Gifted Kids, ADHD, and Autism*.

Kids who are **gifted and have a learning disability** are sometimes called GT/LD, Twice Exceptional, or 2E for short. See above and also:
GiftedHomeschoolers.org Gifted Homeschoolers Forum
2ENewsletter.com Twice-exceptional
HoagiesGifted.org
Sengifted.org Supporting the Emotional Needs of the Gifted

On the web

Understood.org has videos & information on many learning challenges.
DyslexicAdvantage.com
Help4ADHD.org, a project of CHADD (Children and Adults with AD/HD)
eIDA.org The International Dyslexia Association
spdfoundation.net/library/checklist.html Sensory Processing Disorder
Foundation
NAMI.org the National Alliance on Mental Illness