

Kathy Kuhl

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 *Raising A Sensory-Smart Child* by Lindsey Biel and Nancy Peske.

For childhood trauma disorder (PTSD in children), see Jolene Philo's *Does My Child Have PTSD?*

For **depression, anxiety, and other mental health disorders**, psychologist Dr. Richard Ruth recommends the free information from the National Institute of Mental Health, <http://www.nimh.nih.gov/health/publications/index.shtml>, adding:

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.... 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.

For **distractibility, impulsivity, hyperactivity, inattention, AD/HD, or ADD**, there are many good books, most reviewed on my blog, which has other suggestions:

- To understand the condition, read Joel Nigg, Ph.D., *Getting Ahead of ADHD*, includes the idea that attention disorders are better understood as issues of self-regulation.
- To help children improve focus, Garber, Garber and Spizman, *Is My Child Hyperactive? Inattentive? Impulsive? Distractible?*

For **autism**, see Dr. Tony Attwood's work and website. People with autism vary widely, but the BBC documentary on Dr. Temple Grandin, *The Woman Who Thinks Like a Cow*, provides some first-person insights. YouTube.

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For ADHD and 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:

- Colleen Kessler's website, raisinglifelonglearners.com
- GiftedHomeschoolers.org Gifted Homeschoolers Forum
- SENGifted.org (Supporting the Emotional Needs of the Gifted)
- 2ENewsletter.com
- HoagiesGifted.org

Medication or not?

Timothy E. Wilens and Paul G. Hammerness *Straight Talk about Psychiatric Medications for Kids –get the latest edition (4th)*.

College and work

Melanie and Hal Young, *Help is On the Way: A Homeschooler's Guide to Accommodations for the SAT, ACT, and College*.

Henry B. Reiff, Ph. D. *Self-Advocacy Skills for Students with Learning Disabilities: Making it Happen in College and Beyond*.

Carol Reynolds, Ph.D. *Why Freshmen Fail and How to Avoid it!* (Not specifically related to learning disabilities, but covers many of the nonacademic pitfalls that catch students with learning challenges.)

Dale S. Brown, *Learning a Living: A Guide to Planning Your Career and Finding a Job for People with Learning Disabilities, Attention Deficit Disorder, and Dyslexia*.

Dale S. Brown, *Steps to Independence for People with Learning Disabilities*. Download free here: <http://ldaamerica.org/wp-content/uploads/2013/09/steps-to-independence.pdf>

On the web

- Understood.org has videos & information on many learning challenges.
- DyslexicAdvantage.com (Don't miss the "Turkey and the Crow video.")
- 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
- LDOnline.org