

Dear Parent/Caregiver,

Recently your child may have been diagnosed or were found to be at risk for auditory processing disorder. We hope that this diagnosis has answered some questions for you and would like to provide you with some quick and easy things you can do in your child's home environment to help their auditory skills progress and to decrease frustration for both of you.

1. If you need to have your child do a list of things, consider telling them brief steps counted out on your fingertips. For example: I need you to go get your brown shoes, your black coat, and get in the car.
Instead: (Touch one finger.) "Shoes." (Touch a second finger.) "Coat." (Touch a third finger.) "Car."
2. If they forget an item, you could help them remember by saying, "After you get your brown shoes, I wanted you to get your black _____". See if they can fill in the blank. If they can't, do your best not to get frustrated. Creating more anxiety to speech is not beneficial for these children.
3. **Please remove this sentence from your daily language:** "I'm only going to tell you this once." Children with processing difficulties may need repetition not because they are being naughty, but because their brain has a harder time quickly and accurately understanding speech.
4. Children with APD often say "Huh?", "What?", or "Pardon?" This doesn't always mean that they need you to repeat exactly what you have just said. At times, it may mean that they need more time to understand what you've said or that they didn't understand the words you used. Try to find a different way to say what you are trying to get across to them.
5. Listening is a task that takes a lot of mental energy for children. If they are watching a movie or playing a game, you may find that they will be completely unaware of your speech. Once again, they are not trying to be naughty; they just can't divide their attention to listening as it is exhausting for them. Please touch their shoulder gently to get their attention if possible/necessary before talking with them. Additionally, it may not be easy for your child to follow commands that are given from another room or in background noise.
6. Audiobooks are a great way to give ears a work-out during long trips in the car. These are often available through public libraries as well as through apps such as Audible. Reading books aloud with your child is also very beneficial. Conversely, background television in the home can be very distracting for kids with APD. Please consider turning off the tv when you aren't watching a specific programme.
7. If your child fails to comply with instructions, ask them to explain how they may have understood what you wanted them to do. You may be surprised by how they may have interpreted what you asked of them.
8. The best way for children to learn to listen is to have opportunities to communicate. Talk with your child as often as you can. If you hear that they make an error (e.g. confusing one sound for another) Repeat the word back to them correctly, but positively, with special emphasis on the correct pronunciation.

You may, already, be doing several of these things with your child. Good on you, keep it up! You are the expert on your child. Please contact us if you come up with something else that you find helpful as we are always keen to hear good tips and tricks. A great collection of evidence-based research on can be heard in an audio lecture by Peter M. Vishton, Ph.D. called "Scientific Secrets for Raising Kids Who Thrive" (Audible, \$36). We highly recommend giving this a listen.

The greatest factor in success for a child with auditory processing disorder is the attitude and understanding of their teachers and caretakers. We sincerely hope the best for you and your child. Please let us know if you need our assistance.