



Dear Coach,

Thank you for taking the time to read this letter.

My child has auditory processing disorder (APD). While they do not have hearing loss in the traditional sense, they find it difficult to hear and understand what they hear as quickly as their teammates.

If you know my child well, it may be easy to see that this has nothing to do with their intellectual ability; however, it has a large impact on their reaction time to what you say and their ability to understand what you want them to do. Consequently, when they mishear things, it can make them feel quite anxious and embarrassed in front of their peers.

Here are some little things you can do to help in a BIG way:

1. If you use a whistle for drills using 1, 2, and 3 whistle blasts, consider spacing them further apart than you will normally. This will allow my child to hear each blast distinctly to react properly.
2. Please be aware of which direction you are speaking. Can the child see your face? Often exercise environments (e.g., outdoors, gyms, and swimming pools) are difficult acoustic environments. Having to hear someone who isn't facing them would be difficult for most any child.
3. These children often look up to coaches and are eager for them to be proud of their accomplishments. Consider giving plenty of positive reinforcement for the things you see them doing correctly.
4. New tasks can be difficult for a child with APD to understand. Consider showing them (even a few times) what you would like the result to look like before breaking things down step-by-step. They may need things to be said in a few different ways to understand what you mean fully.
5. If you ever see my child staring off into space, please understand that they may have had a long day and could be tired. They are not trying to be naughty or willfully not paying attention, they are doing their best to succeed, but this can be exhausting at times.
6. If there is something specific that they may need help with, consider showing me what you would like them to practice in the comfort of home.

Children with APD often seek physical activity as a much-needed break from the stress of the classroom environment. They love to be out there doing it and will greatly benefit from your support in showing them how.

If you have any questions, comments, or concerns, please contact me. Also, feel free to like this Facebook Page – APD Support: <https://www.facebook.com/apdsupport/> for more ideas on how to help people with processing difficulties.

Kind regards,