# KEEPERS

We thought readers might appreciate a snip-and-save section of useful tips and information from the articles in this month's issue and past issues of Attention.

# IMPORTANT POINTS FOR PARENT LETTER TO TEACHERS

From "Start the School Year Right" by Beth Kaplanek and Linda Smith, August 2008

- Your name and relationship to child
- > Contact information
  - phone numbers, fax number
  - mailing address, email address
  - best times to reach you
- > State goal of working as partners
  - establish positive, open communication
  - offer cooperation, collaboration, assistance, support
  - provide helpful information about your child

- > Information about IEP or 504 Plan
  - instructional needs, modifications, and/or accommodations
  - behavioral needs, modifications, and/or accommodations
- System for home-school communication
  - daily homework and assignment sheet
  - daily/weekly behavior report
  - progress report, problem-solving

# **HELPFUL WEB SITES**

From the August 2008 Attention

Note: CHADD does not endorse products, services, publications, medications, or treatments.

#### http://idea.ed.gov

U.S. Department of Education's IDEA Web site

# www.ideapartnership.org

IDEA Partnership

## www.ThinkCollege.net

Offers information about postsecondary programs

#### http://www.eric.ed.gov

**Education Resources Information Center** 

#### www.hslda.org

Home School Legal Defense Association

#### www.nhen.org

National Home Education Network

#### www.learndifferently.com

Web site of author Kathy Kuhl

# www.helpinschool.net

special education consultant Judith Munday

### www.sizzlebop.com

Web site of author Carol Barnier

#### www.nathhan.com

National Challenged Homeschoolers Associated Network

# www.brightword.com

Web site of BrightWord, Janie Bowman

## www.chadd.org

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# www.help4adhd.org

National Resource Center on AD/HD

# ADAPTING CURRICULA AND INSTRUCTION

From "The Homeschooling Option for Children with AD/HD" by Kathy Kuhl and Catherine Adams, August 2008

Even if you do not homeschool, these strategies can help you assist your child with learning activities in public or private schools, after school, and during the summer.

- > Break lessons into short chunks.
- > Highlight, underline, and use color.
- > Incorporate movement.
- > Read to your child.
- > Discuss reading immediately.
- > Skim or skip mastered material.
- For math, use graph paper, modify assignments, allow extended time.
- Use manipulatives if they are not a distraction.
- > Use aids to compensate for memory challenges.

- Limit copy work if handwriting is a problem.
- > Take advantage of special events.
- Let experts (neighbors, friends, family) be guest teachers.
- > Use graphic organizers and provide special adaptive tools.
- > Encourage computer skills early.
- > Teach and re-teach organizational skills and effective study habits.



# Four Common AD/HD Traits

From "The Biology of Denial" by Gina Pera, August 2008

- 1. Poor self-observation.
- 2. Difficulty linking cause and effect over time.
- 3. Poor working memory, distractibility.
- 4. Confusing what you meant to do with what you did.





Anyone interested in attending this year's conference is encouraged to visit www.chadd.org for more information, or call CHADD's conference department at (301) 306-7070. Online registration will be available beginning on June 1.

