



## Three Steps to Helping Your Child Succeed in School

### 1. Educate yourself

In this step, you will find out what the causes of learning difficulties are, and which skills are necessary for fast and efficient learning. You will also want to learn how to organize your home, communicate with your child and develop routines that provide best chance for success. You can educate yourself by taking courses, using coaches, reading books and researching topics online.

### 2. Determine your child's strengths and weaknesses

This will involve assessing and evaluating your child's skills.

Your child has probably taken achievement tests at school. These tests measure how well a child is doing in an academic subject.

Intelligence (mental skills/cognition) tests measure the underlying learning skills the child has. Unfortunately, these test results are very often misinterpreted. Most intelligence/cognition tests look at all of these mental skills in our model and although most give a total "IQ" score, we are far more interested in the individual test scores of the different mental abilities that are being tested.

The "IQ" score is just an average of the separate mental skills being evaluated. It tells us nothing about the individual strengths and weaknesses of the underlying skills that would be important for reading, math calculations, comprehension, or geometry etc.

**But**, by analyzing the individual test scores and comparing them with the child's achievement levels in different subject areas, we can determine a cause and effect relationship between the underlying mental skills required and the achievement area affected.

For example, poor sound blending, segmenting, and analysis (the CAUSE) will result in difficulty in reading and spelling (the EFFECT). When these underlying skills are developed, reading and spelling will improve.

After testing has confirmed or pinpointed the underlying cause of a learning problem, the next step is to institute a program to correct the deficient learning skill.

This does not mean that you have to seek a medical diagnosis or a label a learning disability, but simply that you understand your child's cognitive and executive skill strengths and weaknesses. An expensive or lengthy evaluation is not always necessary. Start simple and obtain additional testing as needed. In our view, the goal should to help your child overcome the struggle and be successful, and not just to obtain accommodations for your child. The reality is that few accommodations will be made in the workplace for cognitive weaknesses. We offer a cost-effective assessment that can be completed in about an hour and provide a good basis to develop a plan.

**3. Develop and execute a plan to help your child gain the skills needed to become successful.**

The plan should include interventions to:

- improve any weak cognitive skills
- improve any weak executive function skills
- improve self-esteem and change any negative beliefs that your child has adopted about himself

**Schedule a free 30-minute consultation today!**

**E-mail [info@adhdinstruction.com](mailto:info@adhdinstruction.com)**