

AudioLogic

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My Child May Have an Auditory Processing Disorder: What Should I Do? General Suggestions for Parents

Strategies applied at home and school can ease some of the problem behaviors associated with APD. Because it's common for kids with APD to have difficulty following directions, for example, the following tactics might help:

- Since most kids with APD have difficulty hearing amidst noise, it's very important to reduce the background noise at home and at school.
- Have your child look at you when you're speaking.
- Use simple, expressive sentences.
- Speak at a slightly slower rate and at a mildly increased volume.
- Ask your child to repeat the directions back to you and to keep repeating them aloud (to you or to himself or herself) until the directions are completed.
- For directions that are to be completed at a later time, writing notes, wearing a watch, and maintaining a household routine also help. General organization and scheduling also can be beneficial.

It's especially important to teach your child to notice noisy environments, and move to quieter places when listening is necessary. Other strategies that might help:

- Provide your child with a quiet study place (not the kitchen table).
- Maintain a peaceful, organized lifestyle.
- Encourage good eating and sleeping habits.
- Assign regular and realistic chores, including keeping a neat room and desk.
- Build your child's self-esteem.

Be sure to keep in regular contact with school officials about your child's progress. Kids with APD aren't typically put in special education programs. Instead, teachers can make it easier by:

- altering seating plans so the child can sit in the front of the room or with his or her back to the window.
- providing additional aids for study, like an assignment pad or a tape recorder.

One of the most important things that both parents and teachers can do is to acknowledge that APD is real. Symptoms and behaviors are **not** within the child's control. What *is* within the child's control is recognizing the problems associated with APD and applying the strategies recommended both at home and school.

A positive, realistic attitude and healthy self-esteem in a child with APD can work wonders. Kids with APD can go on to be just as successful as other classmates. Although some children do grow up to be adults with APD, by using coping strategies as well as techniques learned in speech therapy, they can be very successful adults.

Adapted from Kids Health - The Nemours Foundation.

Note: All information in this article is for educational purposes only.
For specific advice, diagnoses, and treatment, consult your audiologist.