



# Supporting the Parent

## Early Warning Signs of Learning Disabilities

The most common learning disability is difficulty with language and reading. Here are some warning signs of learning disabilities to look for in preschool and elementary school children. Becoming aware of the warning signs of learning disabilities and getting children the necessary help early on can be key to a child's future.

Learning disabilities affect one in seven people according to the National Institutes of Health. Parents, therefore, need to be familiar with the early indicators of a learning disability in order to get the right help as soon as possible. The earlier a learning disability is detected, the better chance a child will have of succeeding in school and in life. Parents are encouraged to understand the warning signs of a learning disability from as early as preschool. The first years in school are especially crucial for a young child.

All children learn in highly individual ways. Children with learning disabilities simply process information differently, but they are generally of normal or above-average intelligence. Having a learning disability can affect a child's ability to read, write, speak, do math, and build social relationships.

Below are several early warning signs commonly associated with learning disabilities between the preschool years and fourth grade. Many young children may exhibit one or two of these behaviors; however, consistent problems with a group of behaviors is a good indication your child

may have a learning disability.

### Early Warning Signs - Preschool

- Late talking, compared to other children
- Pronunciation problems
- Slow vocabulary growth, often unable to find the right word
- Difficulty rhyming words
- Trouble learning numbers, the alphabet, days of the week
- Extremely restless and easily distracted
- Trouble interacting with peers

### Early Warning Signs - K—4th grade

- Slow to learn the connection between letters and sounds
- Confuses basic words (*run, eat, want*)
- Makes consistent reading and spelling errors including letter reversals (*b/d*), inversions (*m/w*), transpositions (*felt/left*), and substitutions (*house/home*)
- Transposes number sequences and confuses arithmetic signs (*+, -, x, /, =*)
- Slow recall of facts
- Slow to learn new skills, relies heavily on memorization
- Impulsiveness, lack of planning
- Unstable pencil grip
- Trouble learning about time
- Poor coordination, unaware of physical surroundings, prone to accidents

For more information go to: [www.readingrockets.org/article/226](http://www.readingrockets.org/article/226)

## Share Group Night - IT'S A PARTY!

**Come and join** other families for food, fellowship, and support. Friday October 13th from 6-8pm at Boone Unitarian Universalist Church. There will be supper and childcare provided for those who **RSVP by Tuesday the 10th.**

Children will make costumes there and adults are encouraged to wear theirs. Please bring a \$1.00 gift to exchange. This should be a fun time for all. For more info: call 828-262-6089



Family Support Network of the High Country

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Appalachian State University



Children's Developmental Services Agency of the Blue Ridge



Family Support Network of North Carolina



High Country United Way

## UPCOMING EVENTS

### SHARE GROUP PARTY!

Friday Oct. 13  
6-8pm

At Boone Unitarian Universalist Church  
381 E. King St., beside the Playhouse

Call us for more information about these events.



## Share Groups

### Challenging Behaviors Share Group

is an opportunity to come join other families once a month to share knowledge, strengths, hopes and experiences. We eat together, visit, relax and learn about new resources and ways to help our children and ourselves. We respect each person's right to confidentiality and all agree that any personal information shared at a meeting, stays at the meeting. We believe that both information and fun are important. Topics in the past have been an introduction to the Love and Logic parenting approach, How To Keep Your Stripes On (Stress

Relief!) and a family picnic. We strive to take an active part in making services better for our children.

This group is sponsored by FSN-HC and Watauga Youth Network supported by High Country United Way.

**Families with Medically Fragile Children Share Group** is a unique opportunity for families to meet and share with others with similar lifestyles and concerns. Both Share Groups meet the second Friday of each month at 6pm at the Challenging Behaviors Share Group, Boone Unitarian Universalist Church, Boone. Support groups are also meeting in Wilkes and Alleghany. For information call and leave a message for Norma at (866)812-3122.

## Hit the Highway

**WIN A NEW CAR** and support High Country United Way. Your gift is important to our community. To show appreciation for your generosity, four local auto dealers are offering you a chance to win in the High Country United Way fund raising campaign. Just pledge a minimum of one hour of pay per month for a year (or \$1 of pay per week - only \$52 - if you make \$10 or less per hour, are retired or not currently employed) and you will receive a raffle ticket for a chance to win a NEW CAR! Final drawing will be held Friday, December 15th.



### For more info contact:

High Country United Way, P.O. Box 247, Boone, NC 28607; (828)265-2111; [hcuw@boone.net](mailto:hcuw@boone.net)

## Homework Help - by Marianne Neifert, M.D.

### Five Ways to Keep Your Grade Schooler on Track

**1. Talk to your child's teacher.** Find out the homework policies, including how involved you're expected to be. That way, you can keep your child on track.



**2. Help her get organized.** When she has a re-port or other long-term project to do, find out the deadlines for each task she needs to complete along the way and make sure she meets them.

**3. Stick around.** A child this age should work with you nearby, even if you're folding laundry or paying bills, to make sure she stays focused.

**4. Stay positive.** If you're overly critical of her work, she'll get discouraged. Remember that she's just a grade-schooler. Focus on the effort or creativity rather than dwelling on every error.

**5. Don't rescue her.** Taking an interest in her work is great. Writing compositions or driving forgotten projects to school for her isn't. Better for her to forget a due date and learn her lesson in second grade than when she's in college!

For more info go to: [www.parenting.com](http://www.parenting.com)

## Quick Critter Disguises - Family Fun



### MATERIALS:

- Scissors
- Egg carton
- Stapler
- Sewing elastic
- Light-gauge craft wire
- Hole punch
- Headband
- Glue
- Tempera paint
- Paintbrush

- Construction paper
- Pipe cleaners

Time needed: Under 1 Hour

1. For any of the following designs, start with this basic pattern. Cut out an individual egg cup, make breathing holes in the bottom, and staple the ends of sewing elastic (cut to fit around your child's head) to the sides.

2. Cut ears out of the carton top, punch holes in the bases, and use light-gauge craft wire to attach them to a headband.

For extra support, spread glue on the base of the ears before wiring them on.

3. To allow enough room for your child's nose, gently push the centers of the pipe cleaners into the bottom of the egg cup. Cut rabbit ears from the corners of your carton lid. Paint the backs white



and the inner folds pink.

**RABBIT:** Coat the outside of an egg cup with white acrylic paint. Let dry, then glue a pink pom-pom to the front of the nose. Draw a mouth beneath the pom-pom with a colored marker. Use the end of a paper clip to poke three holes in both sides of the nose, then feed white pipe cleaner whiskers through the holes.



**CAT:** Make a nose in the same manner used for the rabbit, except paint it an orange hue to look like a tabby (or jet black for a Halloween cat) and add matching whiskers. In place of the pom-pom, use a small triangle cut out of construction paper. Cut cat ears from the corners of the carton lid as well, but make them shorter with slightly pointed tips. [www.familyfun.com](http://www.familyfun.com)

Help us save money!! If you have an email address that we can use for this newsletter, please email to [powelljb@appstate.edu](mailto:powelljb@appstate.edu) or call (828) 262-6089. This newsletter is also available on-line at [www.parent2parenthighcountry.org](http://www.parent2parenthighcountry.org).

# Parent to Parent FSN-HC Presents: Pearls of Love and Logic

Special Thoughts on Raising Kids ©Love and Logic Press, Inc. [www.loveandlogic.com](http://www.loveandlogic.com) 1-800-338-4065

## Handling a Crisis

Every crisis is different and individual, whether it's drug use, a runaway child, pregnancy, or a death in the family. Think of the Chinese character denoting crisis: it combines the symbols for danger and opportunity. It is important to see the opportunity in a crisis as well as the danger.

The most common mistake made during a crisis is to assume that something must be done right now! This is seldom the case. Here are four common elements that help us deal with a crisis:

1. **Crises are often temporary** - Remembering that this is a temporary problem helps us from becoming so anxious we become paralyzed or over involved. Many times a crisis is simply a long-term problem we haven't known about until now. If we suddenly discover we have cancer or our daughter is sexually involved with someone or our child has been taking drugs, it's a big happening! It certainly may be far from a good happening, but it's not necessarily a crisis.
2. **Few crises need an immediate answer** - Usually, there's time to seek advice from someone we respect, someone who has had similar experiences or who is a competent professional. It's also helpful to write down all of our options, including what would happen if we did nothing at all. This may not be the best solution, but at least it should be considered

among all of our choices.

3. **It's important to ask ourselves what would be the worst possible outcome** - Once we can state the worst possible outcome, we also realize we can actually come with it. It helps to ask, "Will we live through this?"
4. **Always try to keep the monkey on the back of the person(s) responsible for the problem** - If it's your teenager who has run away from home telephoning your for money, he or she may need to know they're welcome to return home. However, it's their responsibility to come up with the means of getting home, just as they figured out the means of running away. Parents may loan the teen money, backed up with collateral, in order to return home.

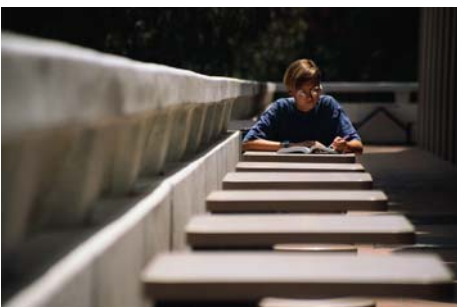
Remember, take a moment, breathe deeply, and relax. Write down all the possible choices, talk them over with a person you respect, and think about your ability to cope with the worst possible outcome.



**Ask Yourself: What is the Worst Outcome?**

## Orton-Gillingham Institute for Multi-Sensory Education - Use with Dyslexia

The Institute for Multi-Sensory Education's training programs are based on the Orton-Gillingham method of reading instruction developed by Dr. Samuel T. Orton and educator Anna Gillingham. This method works well with those who have Dyslexia. The Orton-Gillingham methodology utilizes phonetics and emphasizes visual, auditory and kinesthetic learning



styles. Instruction begins by focusing on the structure of language and gradually moves towards reading. The program provides students with immediate feedback and a predictable sequence that integrates reading, writing and spelling. The Orton-Gillingham method is **language-based and success-oriented**. The student is directly taught reading, handwriting and written expression as one logical body of knowledge. Learners move step by step from simple to more complex material in a sequential, logical manner that enables students to master important literacy skills. This comprehensive approach to reading instruction benefits all students. For more info: [www.orton-gillingham.com](http://www.orton-gillingham.com)

Help us save money!! If you have an email address that we can use for this newsletter, please email to [hayeskl@apstate.edu](mailto:hayeskl@apstate.edu) or call (828) 262-6089. This newsletter is also available on-line at [www.parent2parenthighcountry.org](http://www.parent2parenthighcountry.org).