

SUMMER IS A GREAT TIME TO HELP CHILDREN WITH LEARNING DIFFICULTIES

Neurofeedback and Interactive Metronome® can Prepare your Child for Success in School

With summer vacation most children will not crack a book or adhere to any kind of structured routine until school begins again next fall. Over summer vacation children can lose up to 50 percent of what they learned the prior school year. Moreover, it takes at least 3 weeks at the start of the next school year to get students back in the groove. Such lags in learning can cause problems for any child, but they can be especially difficult for the AD/HD, PDD, or learning disabled child.



“If You Don’t Use It, You Lose It!”

The theory is: If you don’t exercise your brain muscles over the summer, they lose their sharpness. It makes sense. Moreover, research backs it up. Children backslide during summer vacation and experience what many professionals call summertime “brain drain.” However, summer can be a fun AND educational time. Since grades and other evaluations are not at stake, parents and students can more freely experiment with different learning, organization, or time-management strategies. Since there is more room for trial and error, parents can focus more upon the positive—a child’s effort and the process of learning—rather than an overemphasis on the products of learning.

TIPS FOR THE SUMMER

Maintain Routines



Losing the daily routine of school, bedtime, homework, etc. can be a real problem for children with learning difficulties. For some children even a temporary change in routine can be a big problem. Consequently, we suggest that parents keep a certain amount of structure for their children. Bedtime should remain consistent and a regular reading and learning time should be set. Experiment with and create new structures or traditions. These routines keep children in the habit of attending to learning and prevent sleep cycles from getting off track.

Encourage Daily Reading



All the experts agree that daily reading is one of the most important kinds of brain exercise. Research shows that when children read at least 10 minutes a day outside of school, test scores and reading comprehension increase. Reading aloud to your children or reading the same books and discussing them also strengthens skills. Non-fiction books are especially instructive for exploring and learning about the world around us. Make going to the library or bookstore a weekly outing.

Practice Writing Skills



To keep writing skills current, have children design a personal journal and have them write at least three things that happen each day. Encourage children to write letters or emails to friends or family members.

Improve Math Skills with Games



Math skills can be strengthened through books purchased from bookstores or learning centers. Math-related computer games may also be a wise investment. Moreover, the Internet offers a vast array of learning tools for children. If your school or district has a website, check online for suggested sites or strategies for improving learning.

Explore & Educate



Make learning enjoyable and hands on. Get plenty of exercise while learning. Most municipalities, community centers, or local community colleges, offer educational and fun classes for children of all ages. Take nature hikes or plant a garden. Explore museums or historical places of interest. Take trips and learn about distances, rates of travel, or map reading. Take your kids on errands and teach them about unit prices, comparison-shopping, finances and banking. Turn off the TV and when you do watch TV, check out documentaries on history, science, or nature. Go to theatres or outdoor festivals.

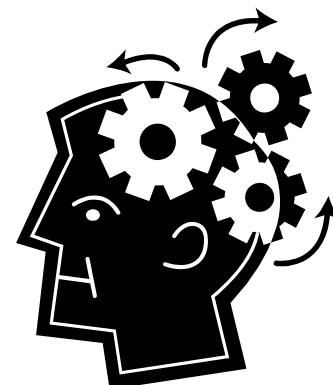
TRAIN THE BRAIN WITH OUR INTENSIVE SUMMER PROGRAM

Summertime is also a great time to utilize Neurofeedback and Interactive Metronome® training for the child with learning difficulties. Neurofeedback and Interactive Metronome® training are non-drug treatments for attention, behavior, stress, or mood problems. For many children the training can remediate many symptoms by the time school starts next fall and could be the difference between success and failure.

During the summer children can be seen more often and scheduling is typically much easier. For example, the average treatment duration of 40 sessions, twice weekly, for Neurofeedback typically requires 5 months to complete a full course of treatment. However, by scheduling more intensely during the summer time, a full course of treatment could be completed in approximately 3 to 4 months.

Similarly, Interactive Metronome® Training usually requires 20 sessions total, 2 sessions per week, a schedule which is much easier to maintain during less scheduled summer months. Another advantage of summer time treatment is that because many children are off medication during the summer months, training is less complicated by the need to titrate medication down as the benefits begin to accrue.

Neurofeedback and Interactive Metronome® training could make it possible for your child not to need medication at all next school year. Working on social skills, behavior, or emotional problems is also often easier because there are fewer variables or complications to address during the summertime. Taking the time during the summer also tells your child that you are serious about helping him or her to get started on the right track next year.



Overall, help your child to recognize that learning is not only a school activity, but that it extends far beyond reading, writing, and arithmetic. Learning is a lifelong process; we all learn something new every day. Encourage and share the joy and spirit of discovering oneself, others, and the amazing and wonderful world in which we live.

To learn more about Attention Deficit Specialists and their services including Neurofeedback and Interactive Metronome®, for children and adults with AD/HD and other learning difficulties, call (215) 497-0240

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