

Strategies for Dealing with the Student With Auditory Processing Problems at Home

Limit Extraneous Noise

- During Homework, provide a quiet place, possibly ear plugs, turn off the TV or radio. Limit visual distractions as well.
- There should be no other activities going on (talking, TV, dishwasher). This noise and activity seriously interferes with concentration for students with APD.
- Don't attempt to talk from another room when your child is preoccupied with other thoughts or activities.
- Using earplugs in the car can sometimes have a settling effect.

Put structure in your child's life. With knowledge of what to expect, your child will be better able to anticipate speech content.

- Set controls on daily activities. Structure activities so your child has fewer opportunities to be confused.
- Have daily routines and a schedule. Your child will perform better if he or she knows what to expect.
- When disciplining your child, be sure to indicate what specific behavior is being punished and why.
- Be certain to avoid punishing a behavior that your child could not help. It is important to set enforceable and realistic rules.
- When reprimanding, choose a time when you have your child's attention. Reprimand in private so you don't embarrass your child and damage what may already be a fragile self esteem.

Other Things

- Use simple language: shorter words and sentences. State only one idea at a time. Get your child's attention first, either by saying his/her name or touching their shoulder.
- Have your child repeat back the instructions you have given them. In this way, you can monitor where the message may have broken down and then repeat the parts the child misunderstood. Don't say, "Didn't you hear me?" Ask specific questions about the instructions instead.
- Move on to areas of new learning gradually so your child knows what is expected of him/her and what is coming next. Review the areas your child already knows.
- Multiple-part instructions should be given one part at a time, with a pause (long enough for you to mentally repeat the instruction) in between the parts to allow the child time to receive the message and comprehend each part. You may also want to give the child one step, then when that step is

completed, give the next step, and so on. You could say “Come back when you finish...for your next job, chore, etc.”

- Conversations at the dinner table may be difficult for your child with APD. Make sure he/she is part of the conversation.
- Writing important chores or instructions on a message board may be helpful.
- Praise any accomplishment that represents an improvement over your child’s previous performance level.
- Visual tasks may be your child’s strongest abilities, and visual cues should be used in this case to supplement auditory (hearing) understanding.