

Postal Stamp

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Summer 2017

UNLOCKING LEARNING

Help Your Child Overcome Slow Processing Speed and Succeed in a Fast-Paced World

BRIGHT KIDS WHO CAN'T KEEP UP

Boost Your Child's Ability to:

- Perform Better in School
- Keep Pace with Friends and Family
- Maintain Healthy Self-Esteem

Ellen Braaten, PhD, and Brian Willoughby, PhD

WHAT ARE EXECUTIVE FUNCTION SKILLS?

Executive function skills allow us to successfully use our intelligence and problem-solving abilities. These skills include abilities such as goal setting, planning, organizing, prioritizing, remembering information in working memory, monitoring our behaviour, and shifting back and forth between different tasks or activities. Processing speed is considered an executive function skill.

SO IS PROCESSING SPEED JUST ANOTHER WORD FOR EXECUTIVE FUNCTIONS?

No, but here's a good way to think about it. Imagine that executive functioning is the

IS PROCESSING SPEED JUST ANOTHER TERM FOR REACTION TIME?

The answer to this question is *no*. Reaction time is part of processing speed, but processing speed also includes how quickly a child:

- Integrates new information
- Retrieves information from memory
- Performs certain tasks

It can be visual, verbal, or motoric (or include all three), and it can be content-specific

PERCENTAGES OF CHILDREN WITH SLOW PROCESSING SPEED WHO HAVE OTHER DIAGNOSES

Diagnosis	Percentage of children with slow processing speed who meet criteria for this diagnosis
ADHD	61
Reading disorder	28
Maths disorder	20
Generalized anxiety disorder	20
Autism spectrum disorder	17
Writing disorder	15
Learning disability, not	



Remember the Art Auction

Saturday 1st April 2017

PN Community Leisure Centre

569 Fergusson Street

The Magazine was produced & designed by: SPELADD Office staff.

From the President

About 1980 I observed an assessment taken by the compiler of our S.L.D. battery, Dr. Jean Seabrook.

This assessment stuck in my mind as the 9-year-old child was an ex-pupil in the last class I ever taught. The fascinating thing was his amazing ability to hear a question but not answer it until he had heard an extra two questions -- and then answer correctly. Dr. Jean was also amazed as it was something she hadn't experienced either.

I have assessed a young teenager who had a similar ability, but more often those I've assessed had a reasonable processing speed except for the area of learning that was difficult for them, notably reading or maths. Other of our assessors have been heard to say, "Slow processing is their main problem."

However, only now have I found a book about recognising and helping those who are slow processors, which we'll feature in this and the next newsletter.

It would therefore seem appropriate that this edition of the newsletter has been slow in production. Tom, our new office manager, and I have had a lot of new things to learn and are grateful to our former staff members who have been available to fill in our knowledge gaps. But we've still a lot to learn!

What's Up!

SPELADD Art Auction

Saturday 1st April

Palmerston North Community Leisure Centre

569 Ferguson St

Please look out for any artworks, kiwiana or antiques that you may no longer want.

Bring them to **Taylor Jensen Art Gallery 33 George St** (opposite the library entrance at the top of the ramp) by **Thursday 30th March**, gallery opens at 10 A.M.

~~On Saturday the 1st the art can be viewed from 7-9~~
A big thank you to our supporters including:

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thankyou

Annual subscriptions

We will be invoicing all members for subscriptions on an annual basis due by the anniversary of your initial subscription. To renew your subscription for tuition with SPELADD NZ Inc, the cost is \$60.

For the associate membership of \$20 you receive this magazine and access to our library.

An Extract from Healthy Food Healthy Gut Happy Child - By Maya Shetreat-Klein MD

Dirt is not the enemy. So says Dr. Josh Axe, author of ground-breaking new book *Eat Dirt*, which reveals why leaky gut could be the root cause of your health problems. As well as explaining the hidden epidemic, Dr. Axe demonstrates how you can heal it, and it's easy to start by eating more of these top six gut protecting foods.

1. **Bone broth** can transform your health. Both bone broth and collagen protein powder contain amino acids such as proline, glycine, and glutamine that help repair the gut lining. Along with gut-sealing collagen, bone broth is full of minerals - calcium, magnesium, phosphorus, silicon, sulphur - in forms that your body can easily absorb.

2. **Fermented vegetables** enhance nutrients by making them more easily absorbed by the body, while restoring vital bacteria to your gut.

3. **Coconut products** are high in lauric acid, which kills pathogens such as bacteria and fungi.

4. **Fermented dairy** (yogurt and kefir) provides you with healthy bacteria to start

Affecting 80% of the population, leaky gut syndrome is the root cause of a litany of ailments, including chronic inflammation, allergies, autoimmune diseases, hypothyroidism, adrenal fatigue, diabetes, and even arthritis.

In *Eat Dirt*, Dr. Axe identifies the five main types of leaky gut syndrome and offers customizable 30-day plans for diagnosing and treating each 'gut type' with diet, lifestyle, and supplementation. He explains that it's essential to get a little 'dirty' in our daily lives in order to support our gut bacteria and prevent leaky gut syndrome.

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Answers to Kidzone P. 7

1) Monday

2) Sunday

3) It's different for each child

4) It's different for each child

5) It's different for each child

6) June

7) Labour Day

8) April

**PRACTICAL STRATEGIES FOR  
ACCOMMODATING SLOW PROCESSING SPEED  
AT SCHOOL**

- **Advocate for your child to have ample - often extra - time.**
  - This may mean extra time on exams, standardized tests, and homework assignments.
  - It does not mean making it possible for the child to stall.
  - Teach your child to advocate for extra time for himself as he gets older.
- **Teach time management.**
  - Teach your child to tell the time.
  - Make sure plans for getting around school and completing homework on schedule are practised to the point of being overlearned.
- **Keep an extra set of textbooks at home.**
- **Take advantage of technology as a time-saver.**
  - Make sure your child can minimize handwriting by using a computer to complete assignments when possible.
  - Have the child communicate with teachers by e-mail at home or using portals set up by the school.
  - Avoid the computer for teacher communication if your child would have to contact each teacher individually.
- **Ask for examples of completed homework for your child to review before doing the assignment.**
- **Make sure assignments are clearly structured**

*"I'm a teacher reading this book. What advice would you give me?"* Rather than giving advice, we'd prefer to give you some questions that are important to consider. As we've indicated above, these kids can manifest their difficulties very differently, and therefore it's best to think about the factors in the learning and teaching process that are important for these kids. Ask yourself:

- *"Am I creating an environment in which this child's learning style is valued?"*
- *"Am I creating an environment that maximizes the child's attentional skills so as to maximize the speed at which she is able to perform?"*
- *"Are the students given ample opportunities to practise skills (so that they become more fluent with the task) while minimizing busy work (that can slow down the process)?"*
- *"Are the student given the opportunity to learn skills to the point where they feel comfortable and know something automatically?"*
- *"Are the new skills and knowledge presented at a rate and amount that allow students time to learn and in a manner that gives them enough information yet does not overload them?"*
- *"Am I maximizing their processing speed by getting them to think about what they already know about*

**BRIGHT KIDS WHO CAN'T KEEP UP**

*(Continued)*

**The Processing Speed Checklist for Parents**

**1. Verbal Processing**

- Appears not to listen to others*
- Doesn't seem to understand directions*
- Can't seem to follow instructions*
- Becomes overwhelmed with too much verbal information*
- Needs more time to answer questions*
- Even when he knows the right answer, is hesitant to give it*
- Answers questions with short responses*
- Does not participate in class discussions*
- Has trouble retrieving factual information from memory*
- Can't keep up with the pace of lectures*
- Makes grammatical errors in writing*
- Has problems sustaining focused attention during social activities*
- Needs additional time to respond in conversations*

**2. Visual Processing**

- Doesn't pay close attention to details*
- Has difficulty proofreading work*
- Makes careless errors*
- Doesn't grasp the subtle, visual cues of social relationships*
- Stares off into space instead*
- Neglects to look at important visual information*
- Omits phrases or words in writing*

**4. Academic Processing**

- Is a slow reader*
- Is slow to recall basic maths facts (for example, times tables)*
- Has difficulty taking notes in class*
- Has trouble formulating and expressing ideas in writing*
- Exhibits inconsistent academic performance*
- Lacks fluency when reading aloud*
- Becomes distracted during academic tasks*
- Makes punctuation and capitalization errors*
- Makes spelling errors in writing, despite otherwise being a good speller*

**5. General Problems with Processing Speed**

- Often looks confused*
- Frequently seems absentminded*
- Lacks persistence in completing any type of task*
- Avoids tasks that require sustained attention or focus*
- Generally seems to be "slow" much of the time*
- Needs extra time to complete tasks*
- Forgets information that he learned just yesterday*
- Frequently responds, "What?"*
- Starts out strong but then wanders off-task or "tunes out"*
- Impulsively rushes through tasks*

HOW TO CHANGE THE WAY YOU TALK AT HOME

You scream, "I've told you a thousand times today to clean up your room! We have a ton of stuff to do today - we need to be at Grandpa's in about an hour, and you still haven't done a thing I have asked you to do! I give up!"

Note the rate, complexity, and tone of what has been said and rethink the presentation. Slow down, make the command less vague, and take out the emotion. Try this:

- **Step 1:** "Julie, we have to leave to go to Grandpa's house in 30 minutes and I really want your room cleaned before we go. Let me help you get started."

Take a look around the room and decide what's most important to be done and start with that. If dirty clothes on the floor are a "no-no" in your house, start by saying:

- **Step 2:** "Pick up your pyjamas and put them in the hamper."

Once completed, present Step 3:

- **Step 3:** "Now let's make the bed."

You might need to help your child with this

PRACTICAL STRATEGIES FOR ACCOMMODATING SLOW PROCESSING SPEED AT HOME

1. Keep things at the same time, same day, same place.
  - Establish a clear routine and schedule to increase speed at home.
2. Change the way you talk at home.
  - Modify the rate, tone, and complexity of the way you talk to your children.
3. Watch the clock.
  - Increase your child's awareness of time and assist in time management.
4. Remember that actions (and visuals) speak louder than words.
  - Use both verbal and visual channels to help your child process information faster.

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DEAR PARENTS

THE KIDZONE

This magazine's activities are the start of time management and the ability for the child to organise themselves in time.

If they have one of our tutors, it would be great for repetition for your child to do this with your tutor and at home.

Only give help when the child needs it. It



RAFFLE FOR THE ART AUCTION

This exquisite doll's house is to be raffled at \$5 per ticket. Sales available at the auction and from the office. Closing date Friday 7th May 2017. Draw date Tues 2nd of May 2017 11 A.M at the office,





CHARITY EVENT
TO BENEFIT



No Reserve Art Auction

Come join the fun.
Purchase a treasure.
Support a worthy organisation.



Paintings
Prints
Pottery
Art Glass
Pastels
Pen & Ink
Etchings
Drawings
And
Much More

Saturday 1st April

PN Community Leisure Centre
569 Ferguson Street
Doors open 1 pm
Auction starts 3 pm

\$5.00 entry fee
Light refreshments provided
Payment by: Cash or EFTPOS
For further information
call 355 4278

SPONSORS:



Make Your Own Calendar

You need seven days, twelve months and numbers

up to 31.

The days are out of order. Can you put them in the

correct order? Friday

M _ _ _ _ _

Sunday

_ _ _ _ _

_ _ _ _ _

Saturday

_ _ _ _ _

_ _ _ _ _

Monday

_ _ _ _ _

_ _ _ _ _

Wednesday

_ _ _ _ _

_ _

Tuesday

_ _ _ _ _

_ _ _ _ _

Thursday

_ _ _ _ _

*KIDZONE is your page! If you have an activity, rules for a game, a story,
Now put the months in the correct order:-
drawing, poem, or joke then send it to us and we may put it in our next*

May

<i>Sunday</i>						<i>Saturday</i>
1						30

Above the word *Sunday* write the word for next month.

Above the word *Saturday* write this year.

Now can you fill in the numbers 2 - 29 in the rectangles.

Use your words from the lists of the days and months to finish these sentences.



- 1) Some calendars start the week with M_____
- 2) Our calendar starts on _____
- 3) Which day do you like the most? _____
- 4) Who do you know that has a birthday in April? _____
- 5) Which day is your birthday on this year?
- 6) In which month do we have the Queen's birthday holiday? _____
- 7) There is a holiday in October. What is it?
- 8) What month co
- 9) What month co
- 10) Write your birt

