

Learning Disability Resources (March '07)

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ORGANIZATIONS AND WEBSITES:

Learning Disabilities:

<http://www.schwablearning.org/>

An excellent site covering LD diagnosis, living with LD, impact on the family, legal rights, learning strategies, parenting advice and more. This site is going to be discontinued so use it while you can!

www.allkindsofminds.org

Mel Levine's comprehensive site for people who learn differently. Go directly to

<http://www.allkindsofminds.org/learningBase.aspx> for many in-depth articles on strategies to use for a variety of learning issues.

www.interdys.org

The International Dyslexia Association – a site providing information and a forum for discussion for people with dyslexia, their parents and teachers.

www.smartkidswithld.org

Join (for a reasonable fee) and sign up for their excellent newsletter. **Smart Kids with LD** is a non-profit organization devoted to helping parents, guardians, and educators advocate on behalf of children with learning disabilities.

www.neurolearning.com/

Scroll down the front page to find articles on dyslexia and reading, learning styles, mathematical and verbal thinking, and more. See also the related sites <http://mislabeledchild.com/> for more resources and information and <http://eideneurolearningblog.blogspot.com/> for an excellent blog (and archived discussions).

www.uniquelygifted.org

Resources for Gifted Children with Special Needs (ADD/ADHD, Learning Disabilities (LD), Asperger Syndrome, etc.) and their families. This site provides a wealth of information and many helpful links to other LD sites.

www.2enewsletter.com

Subscription service to a newsletter for “twice exceptional” (gifted and LD) children. A reasonable fee is charged which includes a bi-monthly newsletter and access to many articles via the subscriber-only section of the website.

www.familyeducation.com

Sign up for free newsletter on subjects of your choice. Take time to investigate this site’s learning disability resources. Early signs of dyslexia and other LD; how LD present differently at different ages; how to navigate the special education labyrinth, plus much more.

www.ricklavoie.com

A rather incomplete site from the author of “It’s So Much Work to Be Your Friend” but one that features some useful articles, essays, and links.

www.fcbcsupport.org

FCBC (**Foundation for Children with Behavioral Challenges**) is a non-profit organization dedicated to providing education and support for caregivers to promote awareness of compassionate, and effective approaches, such as **Collaborative Problem Solving (CPS)** for helping children who struggle with social, emotional and behavioral challenges.

www.ccps.info/index.html

The Center for Collaborative Problem Solving under the direction of Drs. Ross Greene and Stuart Ablon, provides clinical services, training, and consultation to assist in the implementation of the Collaborative Problem SolvingSM (CPS) approach. This model is applicable to diverse human interactions, but especially those that can result in conflict. Largely based on Dr. Greene’s book, “The Explosive Child.” (See books below).

www.aegus1.org

AEGUS, The Association for the Education of Gifted Underachieving Students, serves as an advocate for this special population. A website with links, suggested reading and other resources.

<http://www.nichcy.org/>

The **National Dissemination Center for Children with Disabilities** serves the nation as a central source of information on: disabilities in infants, toddlers, children, and youth; IDEA, which is the law authorizing special education; No Child Left Behind (as it relates to children with disabilities); and research-based information on effective educational practices.

<http://www.ldonline.org/>

Information for parents, adults, educators and kids on learning disabilities. Also, see www.ldonline.org/firstperson which features stories describing people’s first-hand experience with the challenges of learning disabilities and ADHD.

<http://ldaamerica.org/> or www.ldanatl.org (same site)

Information for parents, adults, educators, and kids about learning disabilities.

<http://www.nclld.org/>

Age specific LD advice plus resources to help parents understand and get the most from their legal rights.

www.ldam.org

Learning Disabilities Worldwide is a Massachusetts-based international organization focused on fostering learning about Learning Disabilities, supporting early intervention, and encouraging advocacy for those who are affected.

<http://www.nrclld.org/>

NRCLD engages in research designed to help the learning disabilities field understand policies, practices, and prevalence of LD identification as well as to identify best practices for its constituents. The National Research Center shares its research findings freely. Other helpful resources can be found on the website.

www.cec.sped.org

The Council for Exceptional Children – a site concerning policy, advocacy, professional standards, and the law.

www.cldinternational.org

The Council for Learning Disabilities – a site promoting effective teaching and research. Infosheets (see the site sidebar) provide information on a variety of learning disabilities.

www.nlda.org

The Non Verbal Learning Disorders Association's website.

www.nldontheinternet.org/Dinklage_1.htm

An article giving information about Non Verbal Learning Disability (NLD or NVLD).

www.abilityhub.com

An informational site about assistive technologies.

www.edc.org/spk2wrt

Information on speech recognition technology for students with LD.

www.learningabledkids.com

A resource and support site designed to provide families with information, curriculum resources, and tools to help them teach their bright child with learning issues at home.

www.readingrockets.org

A website for struggling readers, their parents, and teachers.

www.readwritethink.org

Literacy resources.

www.sparktop.org

A free website for kids with learning differences created by Schwab Learning. Provides games, LD tips, interactivity and more.

www.brainconnection.com

An excellent website with articles on brain development, learning disorders, education, and recent brain research. Also contains an entertaining selection of games to improve memory/attention, and sound discrimination.

www.dana.org

The Dana Foundation is a private philanthropic organization with particular interests in brain science, immunology, and arts education. The website contains many interesting articles relating to learning and the brain.

Learning Disabilities and the Law:

www.wrightslaw.com

Provides a wealth of legal information pertaining to special education rights, advocacy, and more.

<http://www.fetaweb.com/>

A site for parents, advocates, educators, and attorneys to learn effective advocacy skills. Information is provided so that pitfalls can be avoided and parents can successfully advocate for their children.

www.pacer.org

The **Parent Advocacy Coalition for Educational Rights (PACER)** is a national center whose mission is to expand opportunities and enhance the quality of life of children and young adults with disabilities and their families, based on the concept of parents helping parents. The organization offers assistance to individual families, workshops, materials for parents and professionals, and leadership in securing a free and appropriate public education for all children.

<http://www.nichey.org/>

The **National Dissemination Center for Children with Disabilities** serves the nation as a central source of information on: disabilities in infants, toddlers, children, and youth; IDEA, which is the law authorizing special education; No Child Left Behind (as it relates to children with disabilities); and research-based information on effective educational practices.

AD/HD:

<http://www.help4adhd.org/>

The **National Resource Center on AD/HD: a Program of CHADD**, funded through a cooperative agreement with the Centers for Disease Control and Prevention. An information source about AD/HD, diagnosis and treatment, dealing with the legal, insurance and public benefits systems, educational issues (including legal rights), and living with AD/HD.

www.chadd.org

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is the nation's leading non-profit organization serving individuals with AD/HD and their families. 200 local chapters throughout the U.S. offer support for individuals, parents, teachers, professionals, and others. The website has useful fact sheets on different aspects of AD/HD that you can read without being a member.

<http://www.add.org/>

Attention Deficit Disorder Association, ADDA, provides information, resources and networking opportunities to help **adults** with Attention Deficit/Hyperactivity Disorder (AD/HD) lead better lives.

The site covers the science and the human experience of adults with AD/HD and the professionals who serve them.

www.addresources.org

Information, resources, support and discussion groups for children and adults with AD/HD.

www.addvance.com

Answers to your questions about AD/HD, a free newsletter, and lots of practical advice for living with AD/HD. See also www.addvance.com/help/young_adults/support_assess.html for information about AD/HD and support in college.

OCD and Anxiety:

www.ocfoundation.org

Support, information and resources for people living with OCD.

www.miminc.org/aboutocic.html

Madison Institute of Medicine's website on Obsessive Compulsive Disorder. The site provides information on diagnosis, drug and therapeutic treatment for OCD and related disorders such as obsessive compulsive personality disorder, trichotillomania, body dysmorphic disorder, and hypochondriasis.

Sensory Processing Disorder:

www.spdnetwork.org

The Sensory Processing Disorder Network (SPD Network) is a project of the [KID Foundation](#), a nonprofit organization based in Littleton, Colorado. It started this website in 1996 to help parents, teachers, therapists, doctors, and others learn about and understand Sensory Processing Disorder.

Auditory Processing Disorder:

www.ncapd.org/php

The mission of the **National Coalition on Auditory Processing Disorders, Inc.** is to assist families and individuals affected by auditory processing disorders through education, support, and public awareness as well as promoting auditory access of information for those affected by auditory processing disorders.

Visual-Spatial Issues:

www.visualspatial.org

This site offers resources to help you identify your, your child's, student's, or co-worker's preferred learning style; strategies for successful learning; ways to develop effective communication among different style learners at home, school, and in the workplace; and more.

Autism and Asperger Syndrome:

www.udel.edu/bkirby/asperger

OASIS - Online Asperger Syndrome Information & Support - offers information on diagnosis, social skills, research, schools and camps, adults with Asperger's, and more. It also provides message boards.

www.tonyattwood.com.au

This website is a guide for parents, professionals, people with Asperger Syndrome, and their partners.

www.asperger.org

MAAP Services for Autism and Asperger Syndrome is a nonprofit organization dedicated to providing information and advice to families of individuals with Autism, Asperger Syndrome, and Pervasive Developmental Disorder (PDD).

www.autism-society.org

The Autism Society of America website aims to get autism information into the hands of those who need it most, promoting education, awareness, and advocacy on critical issues.

Mental Health:

www.healthyplace.com

An informational website covering many mental health conditions including AD/HD, bi-polar disorder, anxiety, and OCD.

www.adaa.org

The **Anxiety Disorders Association of America**'s website provides information about anxiety disorders, conference details, and other resources.

<http://www.aacap.org/>

The **American Academy of Child and Adolescent Psychiatry** website provides resources to parents, families, and educators regarding mental health, ADHD, ODD (Oppositional Defiant Disorder), teen suicide, psychosis, Conduct Disorder (CD), bedwetting, and other topics.

www.aap.org

Under Health Topics on the **American Academy of Pediatrics** website there is a section on Behavioral and Mental Health with information on subjects such as AD/HD, depression, and learning disabilities.

www.nichd.nih.gov

The **National Institute of Child Health and Child Development** website has a good A – Z list of health and human development topics.

Occupational and Speech Therapy:

www.aota.org/

The **American Occupational Therapy Association** website provides information for consumers and providers of OT services.

RECOMMENDED BOOKS:

[Driven to Distraction](#) – Edward Hallowell & John Ratey (1995)
Provides accessible, engaging discussion of every aspect of AD/HD.

[Delivered from Distraction](#) – Edward Hallowell & John Ratey (2005)
Through the vivid stories of the experiences of their patients, the authors show the varied forms AD/HD takes and the transforming impact of precise diagnosis and treatment.

[Taking Charge of ADHD](#) – Russell Barkley (2000)

Empowers parents by arming them with the up-to-date knowledge, expert guidance, and confidence they need.

[Scattered](#) -- Gabor Maté. A very personal book that challenges common thinking about AD/HD.

[You And Your A.d.d. Child How To Understand And Help Kids With Attention Deficit Disorder](#) by Paul Warren. Issues tackled within this book include: figuring out just what ADD is, evaluating the condition, when and how medical treatment should be used, alternative options, and how to deal with the ADD child in various functions and settings.

[The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with Attention Deficit Disorders](#) by Sandra F. Reif. Created for teachers (K-12), parents, school psychologists, medical and mental health professionals, counselors, and other school personnel, *The ADHD Book of Lists* is a comprehensive, reliable source of answers, practical strategies, and tools written in a convenient list format. Pages are formatted for easy reproduction.

[Teaching Teens with ADD and ADHD](#) -- Chris A. Zeigler. A comprehensive reference guide for parents and educators that has useful information about kids of all ages and can apply to children with LD as well as AD/HD.

[Organizing from the Inside Out for Teens](#) - Julie Morgenstern and Jessi Morgenstern-Colon (2002) Assesses the symptoms of disorganization and offers strategies for change, from backpacks to social calendars.

[It's So Much Work to Be Your Friend](#) - Richard Lavoie (2005)
This book offers practical strategies to help learning disabled children ages six through seventeen navigate the treacherous social waters of their school, home, and community.

[The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children](#) by Ross W. Greene (3rd Edition). "A tremendous resource and a must-read for adults involved with easily frustrated children who are hard to manage."

[A Mind at a Time](#) – Mel Levine (2003)
Explains how to identify individual learning patterns in children and maximize their success in life.

[Keeping A Head In School](#) - Mel Levine (1994)
Written to help older students (from 11 years and up) understand and appreciate their own distinct learning profiles.

[Educational Care](#) – Mel Levine (1994)
Presents a model for thinking about many of the common forms of learning disorders, their recognition, their implications, and their treatment.

[The Essential Conversation: What Parents and Teachers Can Learn from Each Other](#) – Sara Lawrence-Lightfoot (2003). Narrative that offers parents a way to open communication lines and collaborative alliances with teachers; captures the dynamics of the complex, intense relationship from the perspective of both parents and teachers.

[IDEA 2004: A Parent Handbook for School Age Children with Learning Disabilities](#) – Shelly Smith

(2006). Provides an overall look at special education as related to rights and services, a complete introduction to special education law, and basic information needed to advocate effectively for children.

[*Learning to Learn*](#) – Carolyn Olivier and Rosemary Bowler (1996). Provides guidelines for creating education programs tailored to individuals' needs and abilities.

[*Learning to Learn: Strengthening Study Skills and Brain Power*](#) – Gloria Fender (1996). Ideas, practical hints, methods, procedures, and resources that provide hands-on materials for study skills, including note-taking, organizational skills, test-taking, memory skills, power reading, problem solving, and time management.

[*The Myth of Laziness*](#) – Mel Levine (2002)

As it explores the dysfunctions that result in output failure, this book uncovers some of the principal ingredients of successful output.

[*Ready or Not, Here Life Comes*](#) – Mel Levine (2005)

After decades of observing children grow into young adults, Dr. Levine addresses the question of why some youngsters make a successful transition into adulthood while others do not.

[*Smart Kids with School Problems: Things to Know and Ways to Help*](#) – Priscilla Vail (1989). Offers strategies and suggestions for helping kids who struggle with learning at school and at home.

[*Colleges That Change Lives: 40 Schools You Should Know About Even If You're Not a Straight-A Student*](#) – Loren Pope. Focuses on schools that are often a good fit for students who are "outside the box." [Note the chapter titled "The Learning Disabled of Today will Be the Gifted of Tomorrow."]]

[*Learning Outside the Lines: Two Ivy League Students With Learning Disabilities and ADHD Give You the Tools for Academic Success and Educational Revolution*](#) -- Jonathan Mooney and David Cole. An inside account of what it takes to succeed at a prestigious university when you're a twice-exceptional student; offers plenty of learning tips and strategies that are useful to younger students as well.

[*The Mislabeled Child: How Understanding Your Child's Unique Learning Style Can Open the Door to Success*](#) -- Brock and Fernette Eide. Two physician/parents explain brain-based learning challenges and how a child's unique strengths can be used to overcome them.

[*Misdiagnosis And Dual Diagnoses Of Gifted Children And Adults: ADHD, Bipolar, OCD, Asperger's, Depression, And Other Disorders*](#) by James T. Webb, Edward R. Amend, Nadia E. Webb, and Jean Goerss. Looks at the similarities and differences between the "symptoms" of giftedness and such disorders as ADHD, Depression, Aspergers, and other psychiatric or medical conditions, so that parents and professionals can be better positioned to avoid misdiagnosis.

[*Overcoming Dyslexia: A New and Complete Science-Based Program for Reading Problems at Any Level*](#) -- Sally Shaywitz, M.D. A guide from Yale neuroscientist Sally Shaywitz to help parents and educators understand dyslexia and employ effective strategies for treating it.

[*The Everything Parent's Guide To Children With Dyslexia: All You Need To Ensure Your Child's Success \(Everything: Parenting and Family\)*](#) by Abigail Marshall. Clearly laid out and an invaluable resource for parents of children with dyslexia.

[*Secret Life of a Dyslexic Child*](#) by Robert Frank and Kathryn E. Livingston. A clear, comprehensive guide to help parents handle both the practical challenges and the emotional issues that often stand in the way of successful learning.

[*Eli, the boy who hated to write: understanding dysgraphia \(Paperback\)*](#)

by Regina G. Richards (Author), Eli I. Richards (Author), Judy Love (Illustrator), Lynn Craven (Illustrator). This book is designed to present a student's view of the struggles and frustrations of growing up with dysgraphia, while also presenting hope and specific strategies and compensations.

[*The Official Parent's Sourcebook on Dysgraphia: A Revised and Updated Directory for the Internet Age \(Paperback\)*](#) by Icon Health Publications (Author). This book gives information useful to doctors, caregivers and other health professionals, it also tells parents where and how to look for information covering virtually all topics related to dysgraphia, from the essentials to the most advanced areas of research.

[*Copy This! : Lessons from a Hyperactive Dyslexic who Turned a Bright Idea Into One of America's Best Companies*](#) by Paul Orfalea and Ann Marsh. This book explains how a man with dyslexia, an uncontrollable temper, and a mistrust of authority managed to grow a tiny California copy shop into a \$2-billion-a-year company: Kinko's.

[*Reading David: A Mother and Son's Journey Through the Labyrinth of Dyslexia*](#) by Lissa Weinstein. Reading David presents an intimate look at the child behind the label of dyslexia and the mother who was desperate to help him.

[*A Special Education: One Family's Journey Through the Maze of Learning Disabilities*](#) by Dana Buchman and Charlotte Farber. Buchman's personal memoir of taking her daughter through endless rounds of testing hoping for the "Aha!" diagnosis will feel familiar to many parents.

[*Laughing Allegra: The Inspiring Story of a Mother's Struggle and Triumph Raising a Daughter with Learning Disabilities*](#) by Anne Ford and John-Richard Thompson. This poignant, intimate portrait of the author's daughter and her constant battle with serious learning disabilities opens an often hidden world and illuminates the many ways learning disabilities shape the lives of entire families.

[*Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents*](#) by Tamar E. Chansky. Dr. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. Highly recommended.

[*The Sensory-Sensitive Child*](#) -- Karen A. Smith and Karen R. Gouze. Two psychologists and mothers of sensory-sensitive children explain the role that sensory processing problems play in a child's emotional and behavioral difficulties.

[*The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder, Revised Edition*](#) by Carol Stock Kranowitz and Lucy Jane Miller. This book broke new ground by identifying Sensory Processing Disorder, a frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses. It includes information for helping the child at home as well as in the school system and goes a long way in relieving parental guilt.

[*Straight Talk about Psychiatric Medications for Kids, Revised Edition*](#) by Timothy E. Wilens (2004). This book demystifies the complex process by which doctors diagnose and treat AD/HD and other common psychiatric and behavioral disorders of childhood, including anxiety, depression, and autism.

[*What It Takes To Pull Me Through: Why Teenagers Get in Trouble and How Four of Them Got Out*](#) by David L. Marcus. The story of 4 troubled teens and their experience in a therapeutic boarding school in Massachusetts.

[*How to Talk So Kids Will Listen & Listen So Kids Will Talk*](#) – Adele Faber & Elaine Mazlish (1999). Employs a dialogue technique to help parents talk to their children about issues ranging from schoolwork to peer problems and how these issues interfere with learning.

[*The Childhood Roots of Adult Happiness: Five Steps to Help Kids Create and Sustain Lifelong Joy*](#) by Edward M. Hallowell. It's easy to get caught up in the "great riptide that sucks kids out of childhood and into an achievement fast lane as early as nursery school," Hallowell warns. Instead, he says, parents should focus on social/emotional health and happiness, creating an environment in which kids are free to "develop the muscles of confidence, optimism and hope."

Books on AD/HD in the Teen Years and Beyond:

[*Coaching College Students with AD/HD*](#), Patricia Quinn, M.D. & Nancy Roney, Ed.M., MCC

[*How to Reach & Teach All Children in the Inclusive Classroom*](#), Sandra Rief

[*Help4ADD@Highschool*](#), Kathleen Nadeau, Ph.D.

[*Re-Thinking Ad/Hd: A Guide to Fostering Success in Students With Ad/Hd at the College Level \(Paperback\)*](#), Patricia Quinn, M.D.

[*Understanding Girls with AD/HD*](#), Kathleen Nadeau, Ph.D., Ellen Littman, Ph.D. & Patricia Quinn, M.D.

[*Raise Your Child's Social IQ*](#), Cathi Cohen, L.C.S.W.

[*Teenagers with ADD \(2nd Edition\)*](#), Chris Zeigler-Dendy, M.S.

[*Teaching Teens with ADD and AD/HD*](#), Chris Zeigler-Dendy, M.S.

[*Teen to Teen: The ADD Experience \(Video\)*](#), Chris Zeigler-Dendy, M.S.

[*Maybe you know My Teen*](#), Mary Fowler

[*Journey Through Adulthood*](#), Sari Solden

[*AD/HD, A Survival Guide for Parents and Teachers*](#), Richard Lougy, M.F.T. & David Rosenthal, M.D.

[*A Bird's Eye View of Life with ADD and AD/HD: Advice to Young Survivors*](#), Chris Zeigler-Dendy, M.S.

[*ADD-Friendly Ways to Organize your Life*](#), Judith Kolberg & Kathleen Nadeau, Ph.D.

[*AD/HD & Driving*](#), Marlene Snyder

[*ADHD and Me: What I Learned from Lighting Fires at the Dinner Table*](#), Blake E. S. Taylor and Lara, Ph.D. Honos-Webb

[*Only a Mother Could Love Him: My Life with and Triumph over ADD*](#), Benjamin Polis