

Summertime: An Opportunity to Address Learning Disabilities Outside of the Classroom

SchwabLearning.org Offers Advice on How to Plan Activities During the School Break

(NAPSA)—Free from the hectic school schedule, summer vacation time provides a unique opportunity for parents to address the learning difficulties that their children experience during the academic year. “Parents can use summertime to help their child deal with learning difficulties that may overwhelm them during the school year,” said Marshall Raskind, Ph.D. “There are a variety of ways families can address these problems over the summer—the most important thing is to remember that learning difficulties don’t stop just because school’s not in session.”

SchwabLearning.org is a parent’s guide to helping children with learning difficulties like learning disabilities (LD) and Attention-Deficit/Hyperactivity Disorder (AD/HD). The website helps parents of children facing these issues deal with the fears and challenges that learning difficulties present, by providing much-needed information on diagnosis and treatment as well as a community of parents who have also faced the emotional challenges of LD.

Parents looking for ways to address learning problems during summer vacation should take the following tips into consideration:

- **Consider your child’s academic needs.** If you decide that a focused academic program would help improve or retain your child’s skills, be sure to focus on one or two areas where the most help is needed. These could be specific subjects like reading or more general learning topics like study skills.

- **Consider your child’s talents and interests outside of school.** Summer is also a time for children to concentrate on activities they enjoy but have little time for during the school year—through camps, local workshops, community groups, or at home. Such recreational pastimes can provide the



Approximately one in seven Americans has a learning disability (LD). SchwabLearning.org can help parents of children with LD plan their summers.

confidence boost that kids with learning difficulties often need after a frustrating school year.

- **Research your options.**

Some children with LD qualify to attend an extended-year program over the summer. Other options include private tutoring or educational therapy.

- **Respect your child’s social and emotional needs.** Children with LD are usually working hard in school when summer activities must be determined and may feel less stressed and able to discuss summer plans after a couple weeks of vacation.

- **Think creatively.** Aim for a healthy balance by integrating academics and recreational plans for your child.

- **Trust your instincts.** Consider advice from teachers and tutors but remember: you know your child’s overall needs best. Don’t feel guilty if you decide a break from academics is best—it may be just what your child needs to get reenergized for a fresh start in the fall.

“When children with LD return to school in the fall, families are often met with an onslaught of academic, social and emotional problems that don’t disappear during vacation time,” stated Dr. Raskind. “The summer

break provides an opportunity for parents to give their children additional guidance and support—in whatever way they deem most appropriate.”

Additional information about summertime activities and other issues related to learning disabilities is available at SchwabLearning.org, which provides research-based information and guidance on the academic, emotional and social needs of children with learning and attention problems. The site also offers practical strategies parents can use to help their child and work effectively with schools and teachers. Through SchwabLearning.org, parents of kids with learning difficulties have 24/7 access to the information, guidance and support they need to succeed in learning and life.

According to the National Institutes of Health, approximately one in seven people in America suffers from LD, and many of them deal with struggles that go beyond learning, such as low self-esteem and/or social isolation. Visit <http://www.schwablearning.org/summer> for more information on summer activities for children who suffer from learning difficulties.

About Schwab Learning

Schwab Learning is a nonprofit program of the Charles and Helen Schwab Foundation dedicated to helping kids with learning and attention problems be successful in school and life. Schwab Learning services are delivered through two websites—one designed specifically for parents at SchwabLearning.org and another created expressly for kids ages 8-12 at SparkTop.org. Recently, Schwab Learning.org was honored with the Good Housekeeping Web Certification Seal and SparkTop.org received a 2004 Parents’ Choice Recommended Award from the Parents’ Choice Foundation. More information can be found at <http://www.Schwab Learning.org/>.