



LD Connections Newsletter

July 2017



Canada Celebrates 150 Years!

On July 1, 1867, the British North America Act created the Dominion of Canada as a federation of four provinces. This event is known as the confederation of Canada. The four original provinces were created from the former British colonies of Nova Scotia, New Brunswick and the Province of Canada, which was divided into the provinces of Quebec and Ontario. Canada's boundaries have been extended since 1867. The country now consists of 10 provinces and three territories.

On June 20, 1868, the Canada's Governor General proclaimed that Canadians should celebrate the anniversary of the confederation. July 1 became a statutory holiday, known as Dominion Day, in 1879.

However, no official celebrations were held until the 50th anniversary in 1917 and the 60th anniversary in 1927. After World War II, Dominion Day was celebrated more frequently and more events were organized by the national government. After the centenary of the confederation in 1967, Dominion Day events became more widespread. July 1 became popularly known as Canada Day. The date was also officially known as Canada Day from 1983 onwards. In 2017 Canada celebrates its 150th Birthday!

Inside

Summer Brain Fitness.....	2
LDAWC Family Conference.....	4
New Tech Tools for LD's.....	5
WRFN Family Conference.....	8
Online Courses.....	9
Useful links.....	11
Membership.....	12



A Summer Fitness Routine for Your Child's Brain

Avoid the summer learning slide, boost self-esteem, and keep kids with ADHD active with these summer activities.

<http://www.additudemag.com>

Summer is a great time for kids with ADHD to make a big leap forward. It can also be a time to “slide back” and be unprepared for the upcoming school year. The difference lies in how you and your child spend that time. Use this summer to make strides toward a successful school year in the fall by using these tips:

Get out there. Physical activity is one of the most important ways of developing the brain's frontal lobe and improving a child's behavior and attention. Traditional summer activities, like being outdoors in unstructured play, riding bikes, and swimming, are all good workouts for the brain. Using big muscles and increasing aerobic capacity is good for the body and the frontal lobe. This summer, make a family commitment to achieve a common goal over the three-month break, such as completing a 5K run together, mastering a new cycling trail, or earning a swimming or life-saving certification.

Let's Get Physical!

Limit screen time. Many children with ADHD are “house kids.” They prefer to stay indoors, playing computer and video games. These activities may make them happy, and keep them quiet and calm, but staying sedentary is the worst thing for a child who has ADHD. It will lead to meltdowns and more behavioral challenges. Ignore the calendar and do your best to stick to a strict “screen diet” during the summer months as well as the school year. Use a timer or a journal to allot a specific time limit for gaming.

The Balanced Brain

The Right Brain is the spatial side of the brain. It controls the big muscles, and is connected to bodily sensations and feelings. The right brain loves physical activities outdoors and social activities. The right brain is the creative side of the brain and is stimulated by activities that use the imagination-like trying to come up with



Generously Funded by United Way of Guelph Wellington Dufferin

solutions to a problem, painting, or creating something new or novel. The right brain is in charge of “big picture” skills, such as making inferences when reading and figuring something out that was not explicitly said.

The Left Brain controls the small muscles and “small picture” skills. Left-brain skills include counting, math calculations, and solving problems using logic. A child’s ability to remember letters and the written spelling of words are also left-brain skills. Reading a book, playing chess, and listening to classical music are all left-brain pursuits.



Uncover special interests. Many a kid with ADHD comes to be known as the “problem” child, and teachers, parents, and coaches lower their expectations for him. This can affect a child’s [self-esteem](#) and decrease his motivation to try something new. Counteract this hit to your child’s self-esteem by helping him discover and celebrate his own strengths by exploring and developing a special interest. Has your child expressed an interest in photography, playing the violin, or learning robotics? Find a workshop or camp that caters to his gifts.

Exercise all of the brain. Many students with ADHD are gifted, especially in left-brain skills (see sidebar). When we create better balance in the brain by stimulating both sides of the brain, as we do at Brain Balance Centers, kids are able to tap into their strengths, instead of being pulled down by their weaknesses. By committing to a program of exercising the brain, you can maintain a routine and strengthen important skills at the same time.

Keep it loose-and boring. Parents mistakenly think that, if their child is bored during the summer, they are failing as parents. One of the best things you can give your child is the gift of boredom. Daydreaming on a lazy summer day should be part of every child’s life. Let your child entertain herself by using her imagination. Your children will amaze you by designing an obstacle course or planning a scavenger hunt. Let your kid be a kid!



Idawc • Learning Disabilities Association of Wellington County

The right to learn, the power to achieve

3rd Annual LDAWC Family Conference October 21st 2017

This **FREE** event is intended for parents and caregivers of children with learning disabilities. The focus is providing parents with tools and strategies to aid them in supporting their children. This event will host two key note speakers and a variety of field professionals throughout the day. You will have the opportunity to gain new skills and network with other families.

You can look forward to attending sessions on the following topics:

- ✓ IEP 101, Hands on navigation session
- ✓ Current trends in Math
- ✓ Benefits of Peer Support
- ✓ Healthy Brains and Healthy Bodies
- ✓ LD& Anxiety
- ✓ Chromebook 101
- ✓ Learning the tools available through Special Education

Where: Guelph, location TBA

When: October 21st 2017

How: Registration will open shortly, watch for updates at www.ldawc.ca

5 New Tech Tools for Students with LD's



Generously Funded by United Way of Guelph Wellington Dufferin

1. **BUNGALOW SOFTWARE**

Bungalow has a variety of speech and language therapy products that can help students overcome apraxia, aphasia and other learning obstacles. One example of Bungalow Software's products, Understanding Questions Out Loud, shows questions to users and gives them several possible answers from which to choose.

You can introduce students to more than 5,000 different exercises that boost self-esteem and help clinicians optimize interventions.

The reading therapy tools allow you to select from various levels, available in Deluxe and Pro versions, both of which add auditory comprehension to the mix.

Bungalow Software uses a scientific tactic called therapeutic intervention to help users learn from wrong answers. After choosing an incorrect answer, students get hints designed to guide them. The Pro version of the software adds progress-tracking capabilities and saves user settings. It also includes repetition practice and memory training.



2. **FAST FORWARD SOFTWARE**

Fast ForWord software, created by Scientific Learning, is carefully designed to help develop language skills. You can choose from five different levels in the reading series to help children become literate and the extensive course materials allow you to efficiently and successfully teach valuable skills while promoting knowledge retention.

The software's brain exercises are based on scientific principles and supplements existing tactics used for classroom, group and individual educational environments. The software supplies instant performance feedback, so users and teachers can easily optimize the learning experience.

3. BRAIN HQ

This online teaching tool fits into any busy schedule thanks to the use of learning bursts, which can be as short as five minutes. You can personalize Brain HQ to help achieve particular learning goals, with 29 exercises designed to help students develop their attention span and people skills as well as memory and intelligence.

As users progress through Brain HQ training, the software supplies them with additional lessons that match their historical performance.

Brain HQ gives you access to scientifically proven brain-training methods that change the brain rather than simply challenging it.

4. UP TO 100

Up to 100 app is used to teach numeric concepts to children who have special needs, including place value and sequence. The app teaches numbers from 1 to 99 using time-tested Montessori tactics and supports nine languages.

For example, counting mode teaches numeric place values and gives users a graphic representation of the numbers they create. These visuals help students better understand numbers and their relations.

You can buy Up to 100 for a few dollars and use it on Apple iOS mobile devices. Also, Up to 100 includes a section for parents that explains how to use the app's two modes to optimize learning. Recognition mode, for example, teaches students how to build two-digit numbers via a simple drag-and-drop interface.

As users progress through its several learning levels, the lessons get more challenging.



5. INSPIRATION SOFTWARE

Inspiration software distributes a variety of learning products, including tools that use visual learning to improve retention and learning.

If you work with students who deal with autism, dyslexia, aphasia and auditory processing disorders, Inspiration Software can help. A variety of the available tools help teach vocabulary and reading using individualized and differentiated instruction. The software also breaks learning into manageable bursts to help students assimilate the material that they learn. Special features such as text-to-speech help you teach students who have trouble staying focused on printed material

www.understood.org

Assistive Technology in the Classroom | Assistive Technology Tools



Generously Funded by United Way of Guelph Wellington Dufferin

Save the Date!

SAVE THE DATE
.....

WRFN Family Conference

FOCUSING ON
Self-Care

WITH KEYNOTE SPEAKER
Ann Douglas

There will be activities/support for everyone.
Bring your whole family!

**September
16th, 2017**

9 to 3p.m.

Kitchener



WATERLOO REGION
Family Network



In this practical and idea-packed workshop, parenting author Ann Douglas will share some highlights from her latest book *Parenting Through the Storm: How to Handle The Highs, The Lows, and Everything In-Between*— a book for parents who have a child who is struggling with a mental health, neurodevelopmental, or behavioural challenge. The workshop focuses on parenting strategies, advocacy skills, and stress management and coping skills. Topics to be discussed include self-care, self-compassion, creating your own support network, and lifestyle matters (nutrition, fitness, sleep, and making time for fun). This presentation is based on interviews with more than 50 parents who have walked this walk and who are eager to share their best advice with other parents.

Details & Registration Coming Soon!



Learn to help your child with reading & writing , using their Assistive Technology!



Helping your child with reading and writing doesn't have to be complicated. Become a homework help pro – the educATe Family online course can get you there.

So, what is educATe Family?

educATe Family is an online course with a series of short video lessons. Our mission? To give you strategies that you can use to help your child with reading and writing, right away! Access these video lessons whenever you want, wherever you want. Take the course at your own pace – once you purchase, you have access to the course forever.

You'll be able to apply the educATe Family lessons to whatever tech tools your child uses to learn, on any device!

Does your child use software like Co:Writer, Kurzweil, Read/Write, Snap&Read, and Word Q?

Is your child using this software on a Chromebook, iPad, or laptop?

Whatever the software or device, we've got you covered! educATe Family will give you the knowledge you need to make a real difference in your child's learning.



1.800.353.1107
www.bridges-canada.com

Accessing learning & communication, together



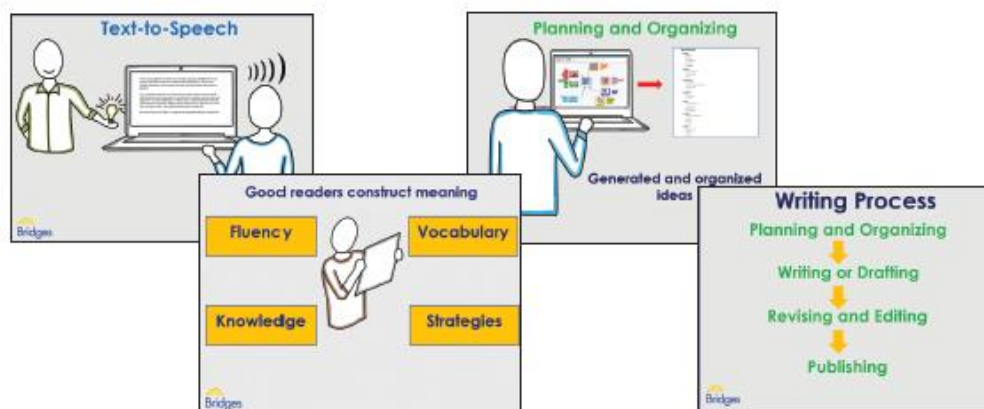
Generously Funded by United Way of Guelph Wellington Dufferin



Online Course For Parents

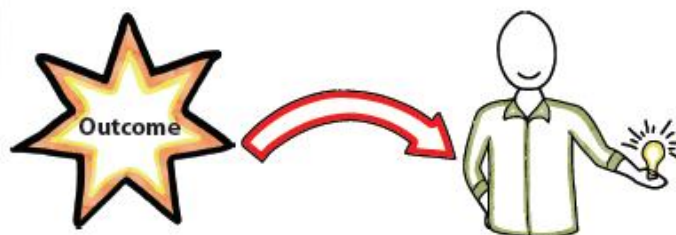
What will I learn?

With educATe Family, you'll have access to all the video lessons in our Reading and Writing Modules. These are the 2 main topics of the course. In each module, or topic, we teach the basic theory of reading and writing (how does reading work? What kind of thought process happens when we write?), and then we build on that with strategies you can use with your child. We'll show you how different technology tools will support each strategy, and help your child in reading and writing to learn!



What will I get from the course?

By the end of the course, you will be able to help your child to complete reading and writing assignments successfully with their Assistive Technology tools.



Sign me up!

With a one-time purchase of \$79, you'll have access to the educATe Family course. Purchase the course through the Bridges website, and you'll automatically be enrolled.

Learn More & Purchase: <http://bit.ly/2kWHquj>



1.800.353.1107
www.bridges-canada.com

Accessing learning & communication, together



Generously Funded by United Way of Guelph Wellington Dufferin

Useful Links

Canadian ADHD Resource Alliance
<http://www.caddra.ca/>

People for Education
<http://www.peopleforeducation.ca/profile/child-advocacy-project-cap/>

LDA Ontario
<http://www.ldao.ca>

Special Needs Ontario Window (SNOW)
www.snow.idrc.ocad.ca

Totally ADD
<http://totallyadd.com/>

The We All Learn Differently Organization
www.thewald.org

Learning Potentials
www.learningpotentials.com

Family Anatomy
www.familyanatomy.com

Alexandre G. Tavares, MD, FRCPC
 Child and Adolescent Psychiatrist
 Medical Centre www.drtavares.ca

Contact us

Telephone: 519-837-2050

Mailing address: 233, 17A -218 Silvercreek
 Parkway N. Guelph N1H 8E8

Email address: info@ldawc.ca

Website: www.ldawc.ca

Don't forget to like us on facebook for the chance to learn about information and events happening in your communities!

www.facebook.com/LDAWellingtonCounty



You can also find us on Twitter!

@lda_wellington



Generously Funded by United Way of Guelph Wellington Dufferin

LEARNING DISABILITIES ASSOCIATION OF ONTARIO
MEMBERSHIP APPLICATION FORM



Mr. Mrs. Miss Dr.

New Membership

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Home Phone: _____ Business Phone: _____

Chapter Affiliation: _____

Please check this box if you agreed to receive your copies of Communiqué by email in the future

E-mail address: _____

Type of Yearly Membership (please check one)

Family/Individual \$50.00 Professional \$75.00
Institutional \$125.00 Student \$20.00 (ID # Required)

Type of Payment

Cash (only if paying in person) Cheque (payable to LDAO) Money Order Visa Master Card
Card # _____ Expiry Date: _____

Name as it appears on the Credit Card: _____ Signature: _____

Benefits of Membership for all Members:

- Discount to LDA Programs and services
- Communiqué (Provincial) newsletter – 2 times per year (5 copies each printing of Communiqué for Professional and 10 each for Institutional members)
- National newsletter – 1 time per year (5 copies each printing of National for Professional and 10 each for Institutional members)
- Chapter newsletters (frequency varies from Chapter to Chapter)

Please make all payments payable to LDAO and forward to:

LDAO Membership Coordinator

365 Bloor Street East, Box 39 Ste. 1004, Toronto, ON M4W 3L4

Phone: 416-929-4311, ext 21 Fax 416-929-3905

Website: www.LDAO.ca



Follow us on facebook!

<http://www.facebook.com/LDAOntario>



Generously Funded by United Way of Guelph Wellington Dufferin