



Learning Lab Links

ST. JOHN NEUMANN CATHOLIC SCHOOL

Summer Success Kits for Kids with ADHD

<https://childmind.org/article/summer-success-kit-for-kids-with-adhd/>

Rae Jacobson's article gives suggestions to parents on how to support children with an ADHD diagnosis throughout the summer. The suggestions include:

1. Keep a schedule - this includes mealtimes and bedtimes
2. Set summer goals like read a book series. Remember to offer little rewards or incentives along the way.
3. If your child is going to participate in a new activity, go over the rules, expectations, transitions, and let your child ask you questions as well.
4. Set up a reminder system or reminder alarms for tasks like putting on sunscreen or doing activities.
5. Let your child have some input in some summer plans. Ask your child what types of activities they would like to do. If the answer is play video games, the author suggests using an "If..then" technique. For example, if you play outside for 30 minutes then you can play video games for 30 minutes.

Taking Time for Summer Fun

<https://dyslexia.yale.edu/resources/parents/stories-from-parents/taking-time-for-summer-fun/>

Dyslexia students often find school frustrating. Students need time to refuel during the summer. Although readings camps are hard to find right now, this article still shares ways to sprinkle in some learning time, while still getting in plenty of relaxation.



Multisensory Teaching is important for children with learning difficulties. This activity is designed to improve phonological awareness.

https://brainspring.com/ortongillinghamweekly/skill_intensive/

Summer Math Ideas

Here are a few ideas to keep math fresh and interesting for your child this summer.

1. Read math picture books!
2. Practice math facts and computational skills.
3. Download math apps for tablets and handheld devices.
4. Play math games— either simple card and dice games or online math games.
5. Look for opportunities to explore math in the real-world.



Live Free Webinar on June 8th:
Learning, Fun, Free Time: How to Balance and Structure the Lazy, Crazy, Days of Summer for Children with ADHD

Speaker: Ann Dolan
Presented by: ADDitude

Click the link for information and to register.

https://goto.webcasts.com/starthere.jsp?ei=1320382&ip_key=6e63da94bb

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