

## **Educational Testing For Your Child**

The next school year is underway, and you may have some concerns about your child's academic performance.

Now is the best time to consider getting a jump start on understanding how to help your child succeed in this school year.

**Attention Deficit Hyperactivity Disorder (AD/HD) and Learning Disabilities (LD) can greatly interfere with your child's ability to do well in school.** Not only does this mean that their grades could suffer but it may also leave them feeling uninterested in school and create problems with their teachers. In some cases, your child may be labeled as lazy or unintelligent, and the problem is left unresolved.

Despite public knowledge about AD/HD and LD, many parents are often unaware that their child has a disorder which is easily remedied with the accommodations at school and psychological treatment. Psychological testing for AD/HD and LD is an effective way to learn more about the problems a child faces when it comes to interacting and engaging in their learning environment.

**Symptoms of AD/HD include:** failure to sustain attention within certain areas of functioning such as school or work; difficulty following instructions; trouble maintaining attention during play or other activities; being forgetful or disorganized; and a general reluctance to engage in activities involving mental effort. In order for someone to be diagnosed with AD/HD these characteristics need to be apparent in more than one setting such as when doing homework, in the classroom, or while participating in afterschool activities.

**Characteristics of Learning Disorders are separated into four categories:** Reading Disorders, Math Disorders, Disorders in Written Expression, and Learning Disorder Not Otherwise Specified (LDNOS). Each scale is measured by comparing the individual's proficiency in the specific area to the average of children within their chronological age, intelligence, and age-appropriate education. A diagnosis of LDNOS indicates a difficulty in all three areas of schooling, each may be to a different degree of significance.

**Timing is crucial when planning an intervention to assure your child's success.** Having your child tested and/or treated early in the school year can prevent him or her from falling behind. As appropriate, medication and counseling services are readily available for your child. Family involvement is also crucial for success because the better you understand your child's disorder, the better you can advocate for, support and encourage them in their efforts at school and when doing homework.

**Treatment for AD/HD and LD not only improves one's academic career, but it can also prevent future behavioral and/or social problems.** Children with AD/HD and LD often have difficulties in daily interactions with peers due to frustration, low self-esteem, and feeling misunderstood or "stupid."

A psychologist can work on helping them improve their social skills, organizational skills, develop more confidence, and learn how to seek out attention and help from adults in a positive manner. Our child psychologists can help you understand your child's needs and how to best help them be successful in school.

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