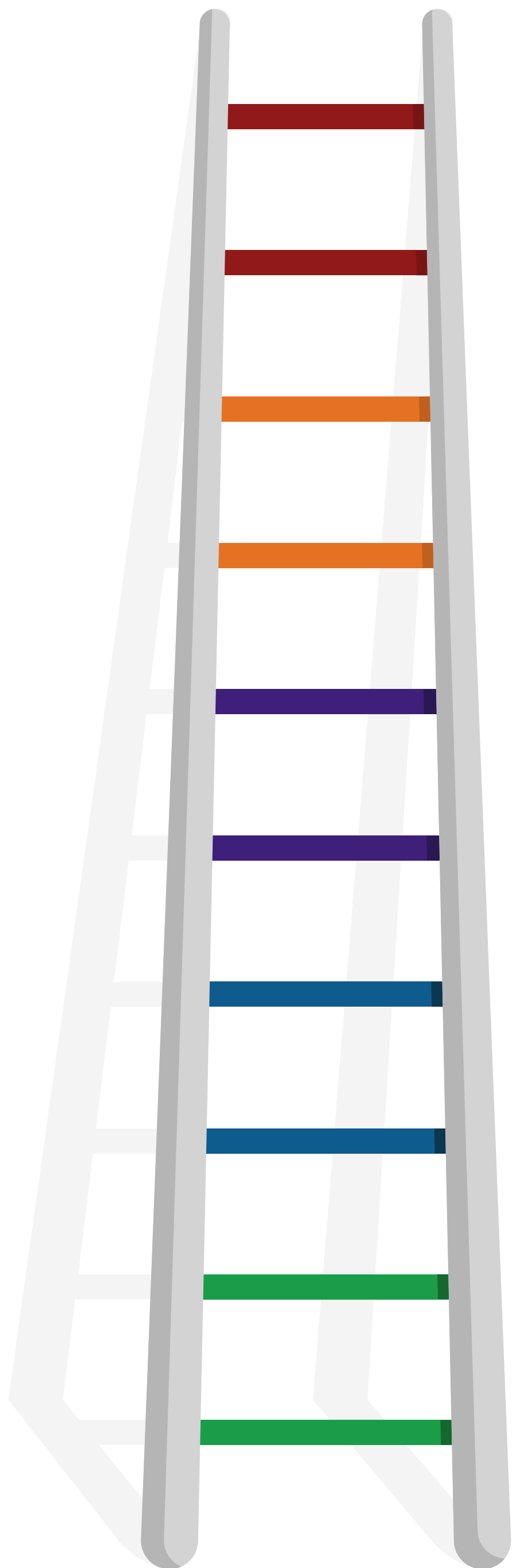


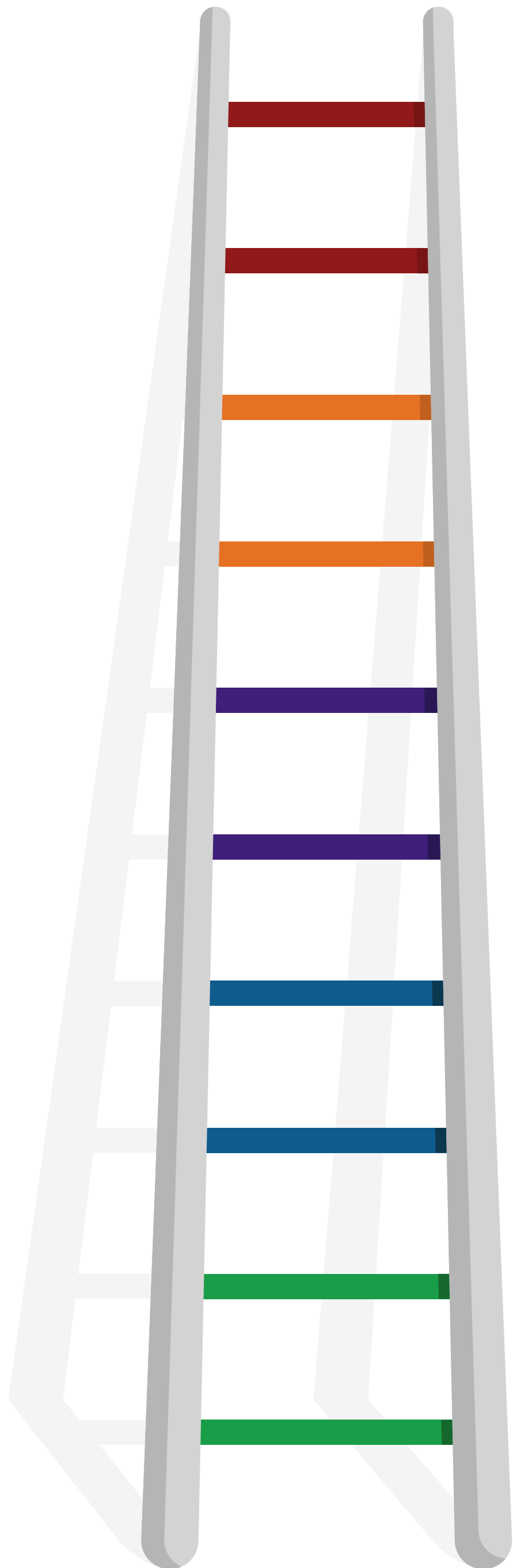
A PARENT'S GUIDE:

UNDERSTANDING AND ADDRESSING LEARNING AND ATTENTION CHALLENGES



StowellCenter.com/Newsletter

Parent's Guide to Understanding and Addressing Learning and Attention Challenges



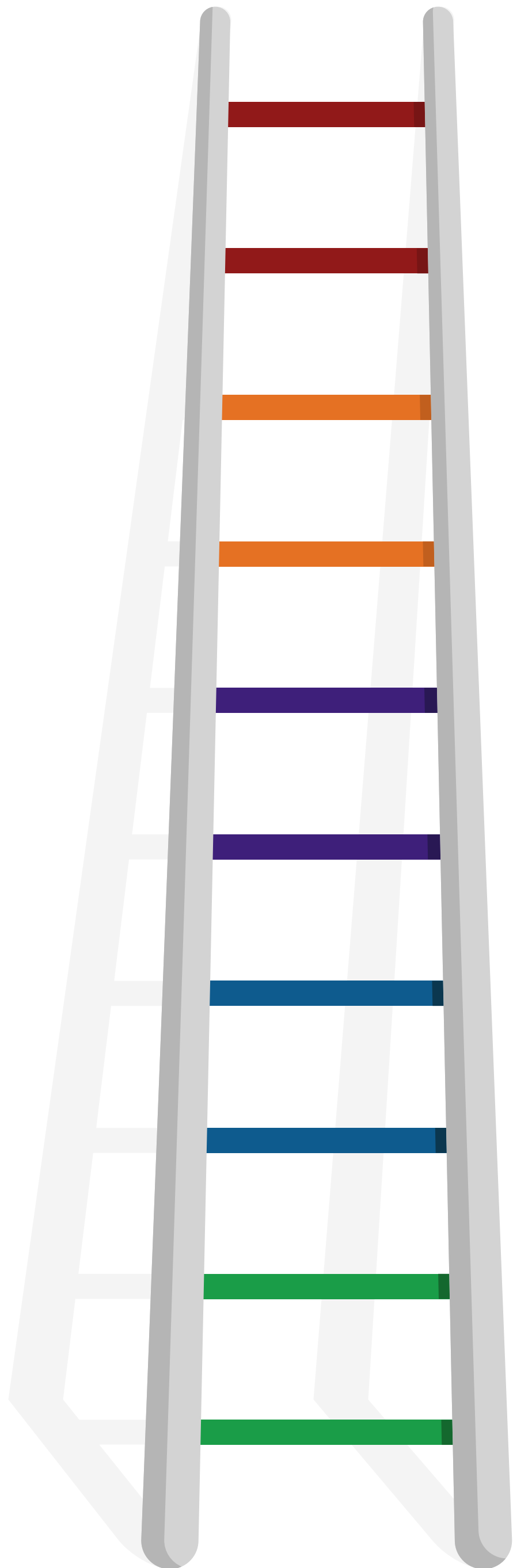
EMPOWERING FAMILIES WITH KNOWLEDGE, TOOLS, AND HOPE

Every child is unique, and so are their learning challenges.

For parents, understanding the root causes of struggles like **resistance**, **attention challenges**, or **dyslexia** is the first step toward lasting change.

This guide offers a new perspective and actionable strategies to empower your child to thrive academically, socially, and emotionally.

A New Perspective on Learning and Attention Challenges



Many parents are told their child's struggles are lifelong, but research and decades of experience tell us otherwise.

Learning challenges often stem from

weak underlying skills such as:

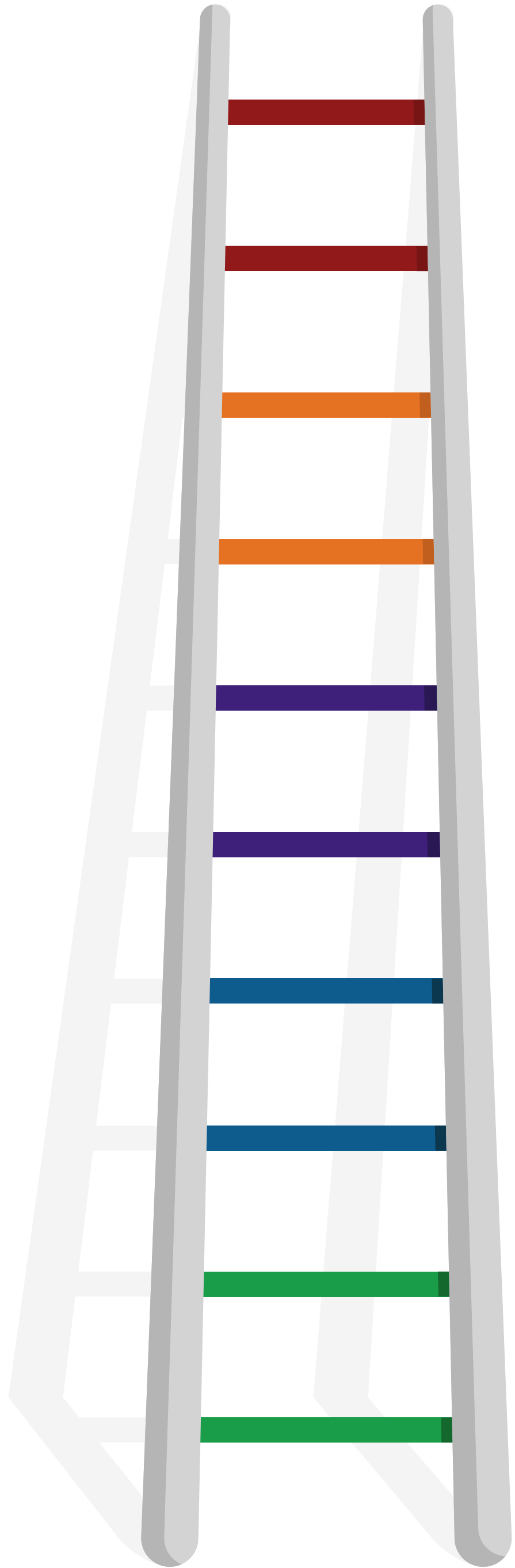
- ✓ auditory and visual processing
- ✓ memory
- ✓ or attention

...to name a few

**Instead of relying solely on accommodations,
we focus on strengthening these foundational skills.**

When these skills are developed, children can learn and thrive independently.

A New Perspective on Learning and Attention Challenges

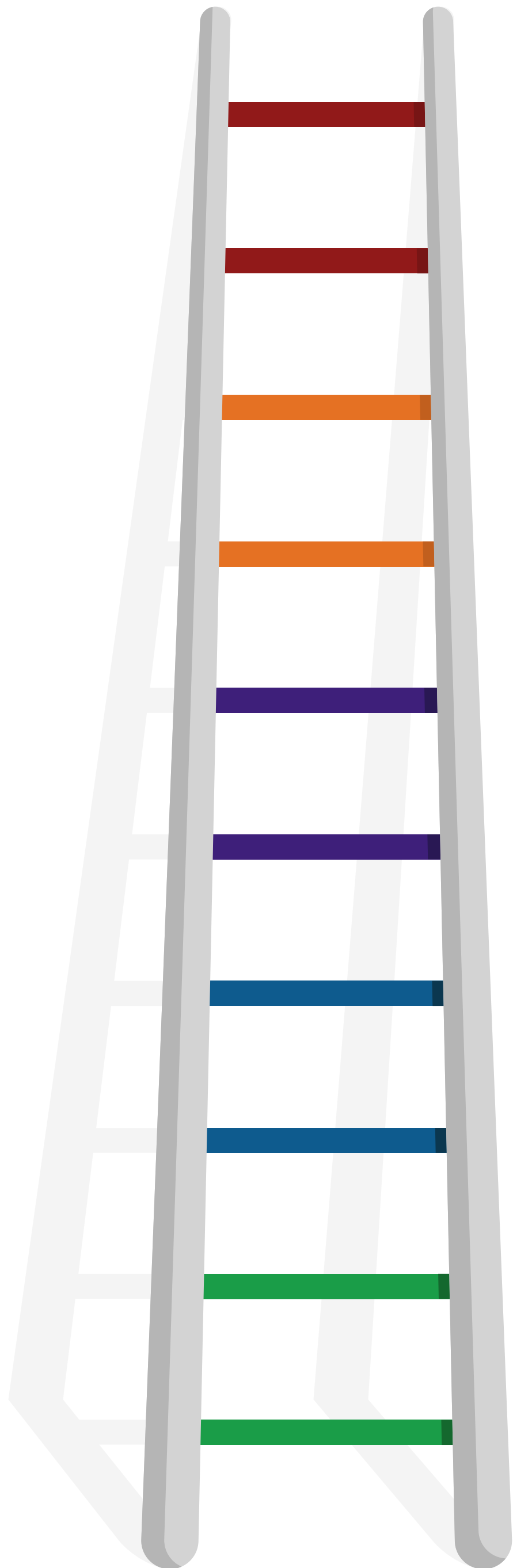


KEY TAKEAWAY:

Learning challenges aren't just something your child has to cope with forever.

By addressing the root cause, real and lasting changes are possible.

What's Underneath the Resistance?



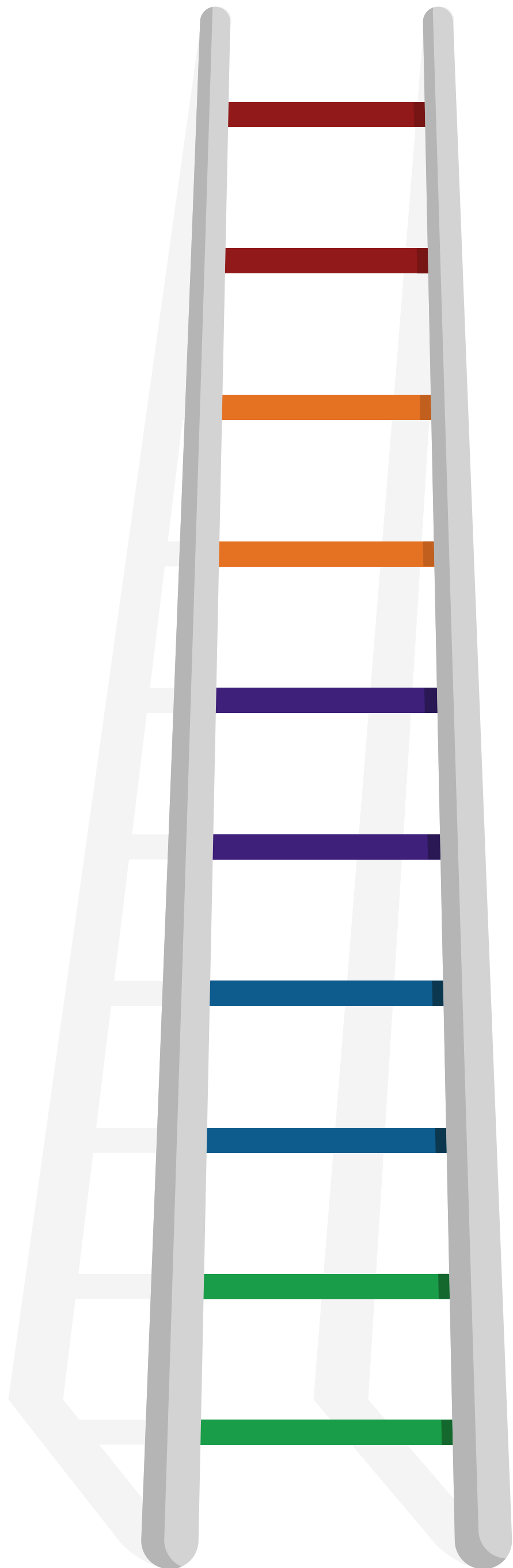
Resistance to homework, reading, or other tasks **isn't laziness**—it's often a sign of underlying frustration or skill deficits.

Imagine being asked to perform a task you **don't** have the skills to do well.

For example:

- ✓ A child struggling with reading may resist because it's mentally exhausting.
- ✓ A child with weak executive function skills may feel overwhelmed by multi-step tasks.

What's Underneath the Resistance?



WHAT YOU CAN DO:

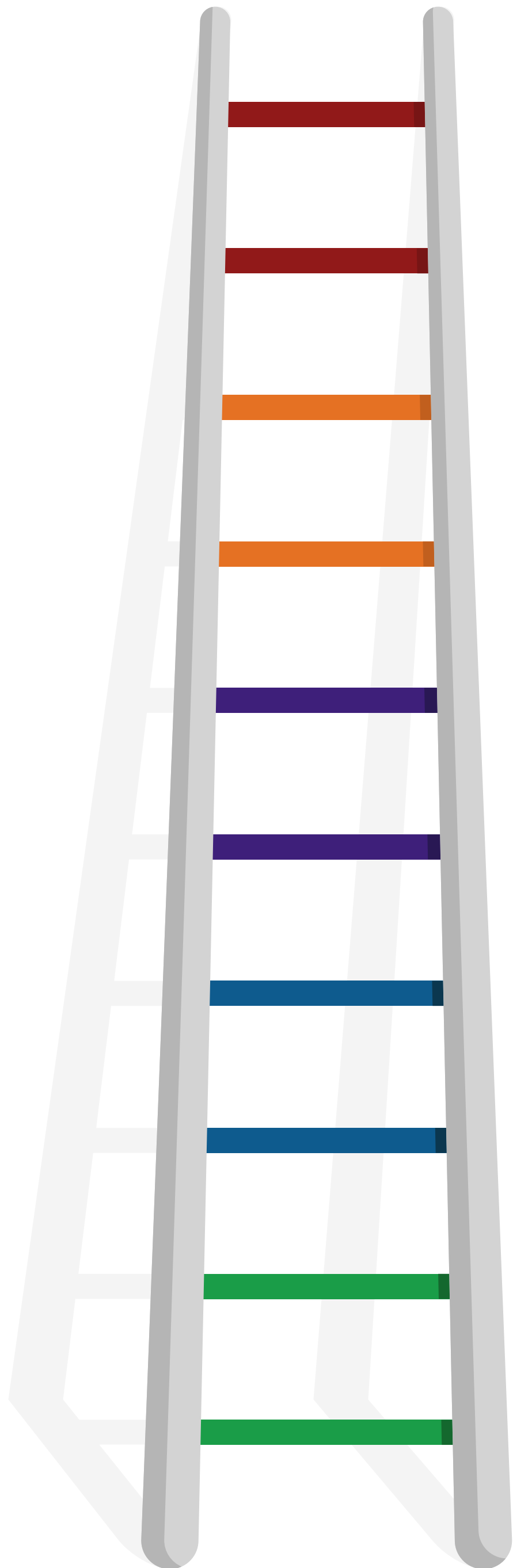
Observe and Ask:

Pay attention to when resistance happens and ask your child open-ended questions like, "What feels hard about this?"

Break Tasks Down:

Simplify tasks into smaller, manageable steps.

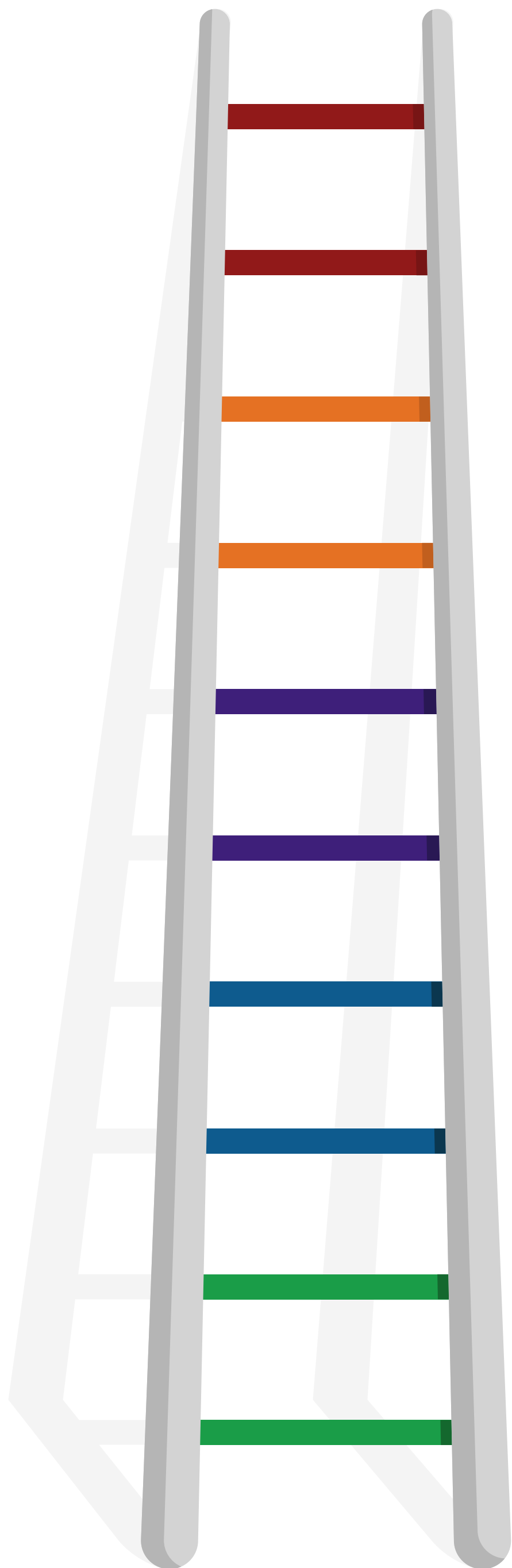
How to Help Yourself and Your Child



Helping your child starts with understanding their struggles—but it's equally important to care for yourself.

When you're calm and equipped with strategies, you can better support your child.

How to Help Yourself and Your Child



TIPS FOR PARENTS:

Practice Empathy:

Recognize that your child isn't resisting on purpose.

Model Calm Behavior:

Your child takes cues from you. When you stay calm, they're more likely to do the same.

Educate Yourself:

Learn about the underlying skills your child may need to develop, such as memory, attention, and processing.

STRATEGIES FOR KIDS:

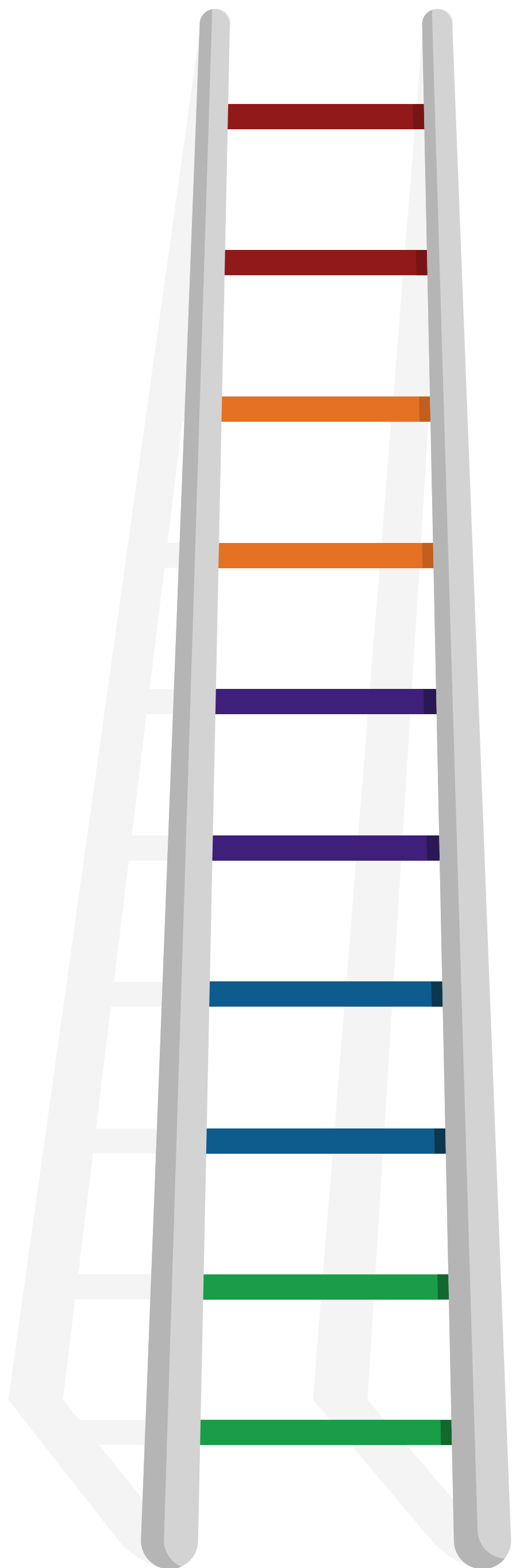
Use Movement:

Physical activity can help regulate emotions and energy.

Celebrate Small Wins:

Focus on progress, no matter how small, to build confidence.

Does My Child Have to Live with Learning Challenges Forever?



The short answer: No!

Learning challenges like dyslexia aren't permanent when the root cause is addressed.

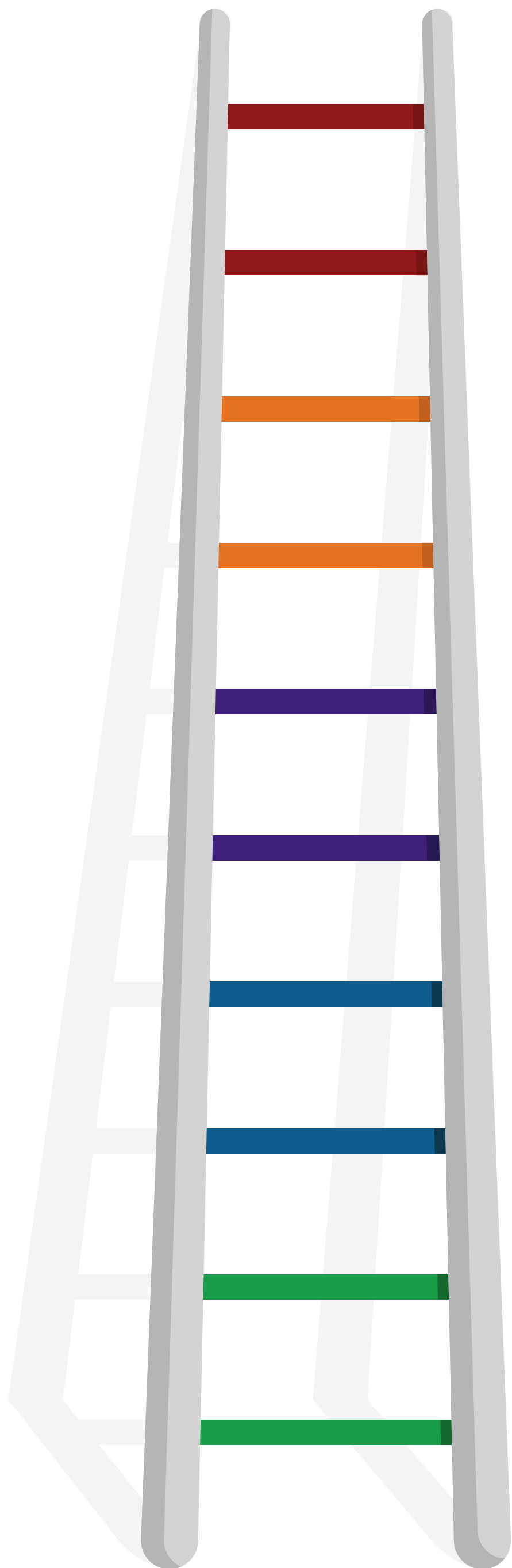
At Stowell Learning Centers, we've seen students overcome struggles once believed to be lifelong by targeting weak underlying skills.

A Real Story:

One high school student struggled with reading to the point of exhaustion.

By strengthening his auditory and visual processing, he not only became a confident reader but also discovered a love for learning that had once seemed out of reach.

Does My Child Have to Live with Learning Challenges Forever?

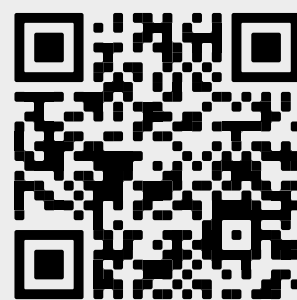


TAKE ACTION:

Start by identifying weak skills with a **comprehensive evaluation** and begin targeted skill-building.

Check out our [Learning Skills Continuum](#) to get an idea of some of these skills.

Swipe or scan QR for Continuum



THE LEARNING SKILLS CONTINUUM

Having a learning challenge is like doing a job at the top of a ladder when some of the rungs underneath are unstable.
This diverts attention and causes everything to be harder and take longer.
By strengthening underlying skills (the rungs), attention, confidence, and success at the top of the ladder will improve!



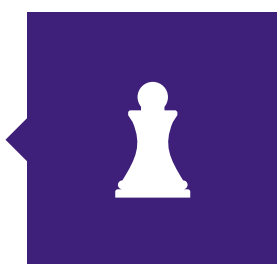
CONTENT AREAS & HIGHER LEARNING

Refining and Applying Basic Academic Skills,
Subject Areas, Social Success



BASIC ACADEMIC SKILLS

Reading, Spelling, Writing, Math, Language



EXECUTIVE FUNCTION

Reasoning, Strategizing, Organizing, Planning,
Self-Monitoring of Attention and Behavior,
Study Skills



PROCESSING SKILLS

Memory, Attention Focus, Auditory and
Visual Processing, Processing Speed,
Language Processing



CORE LEARNING SKILLS

Developmental Visual and Motor Skills,
Internal Organization, Body and Attention
Awareness and Control

Schools
and
Tutoring
Focus
Here

We
Work
Here

THE LEARNING SKILLS CONTINUUM



CORE LEARNING SKILLS

- ▶ Good sensory input
- ▶ Postural security
- ▶ Body Awareness and control
- ▶ Reflex integration
- ▶ Interpret tactile, proprioceptive, and motor input
- ▶ Balance
- ▶ Motor planning
- ▶ Bilateral integration
- ▶ Cross Lateral Integration
- ▶ Eye-hand coordination
- ▶ Ocular-motor control
- ▶ Listening skills
- ▶ Visual-Spatial perception
- ▶ Attention awareness and control
- ▶ Sensorimotor integration



PROCESSING SKILLS

- ▶ Attention
- ▶ Memory
- ▶ Processing speed
- ▶ Auditory processing
- ▶ Phonological Awareness
- ▶ Language processing
- ▶ Visual processing
- ▶ Sensorimotor integration
- ▶ Sequential processing
- ▶ Simultaneous processing



EXECUTIVE FUNCTION

- ▶ Visual Inner Language
- ▶ Verbal Inner Language
- ▶ Working memory
- ▶ Organization
- ▶ Time Orientation
- ▶ Patterns and relationships
- ▶ Problem solving
- ▶ Reasoning
- ▶ Strategizing
- ▶ Using information
- ▶ Making connections
- ▶ Logic and Reasoning
- ▶ Relevance vs. Non-Relevance
- ▶ Planning
- ▶ Study Skills
- ▶ Test Taking Strategies
- ▶ Self-monitoring and management of attention and behavior
- ▶ Social awareness / tact



BASIC LANGUAGE & ACADEMIC SKILLS

- ▶ Language
 - Receptive
 - Expressive
 - Articulation
 - Vocabulary
 - Comprehension
- ▶ Reading
 - Sound-symbol
 - Phonics
 - Sight recognition
 - Morphology
 - Vocabulary
 - Comprehension
- ▶ Writing
 - Printing / Cursive
 - Spelling
 - Sentence structure
 - Grammar
 - Organization
 - Composition
 - Edit / Proof
- ▶ Math
 - Concepts: Numeration, Time, Measurement, Change, Amount
 - Computation
 - Problem solving



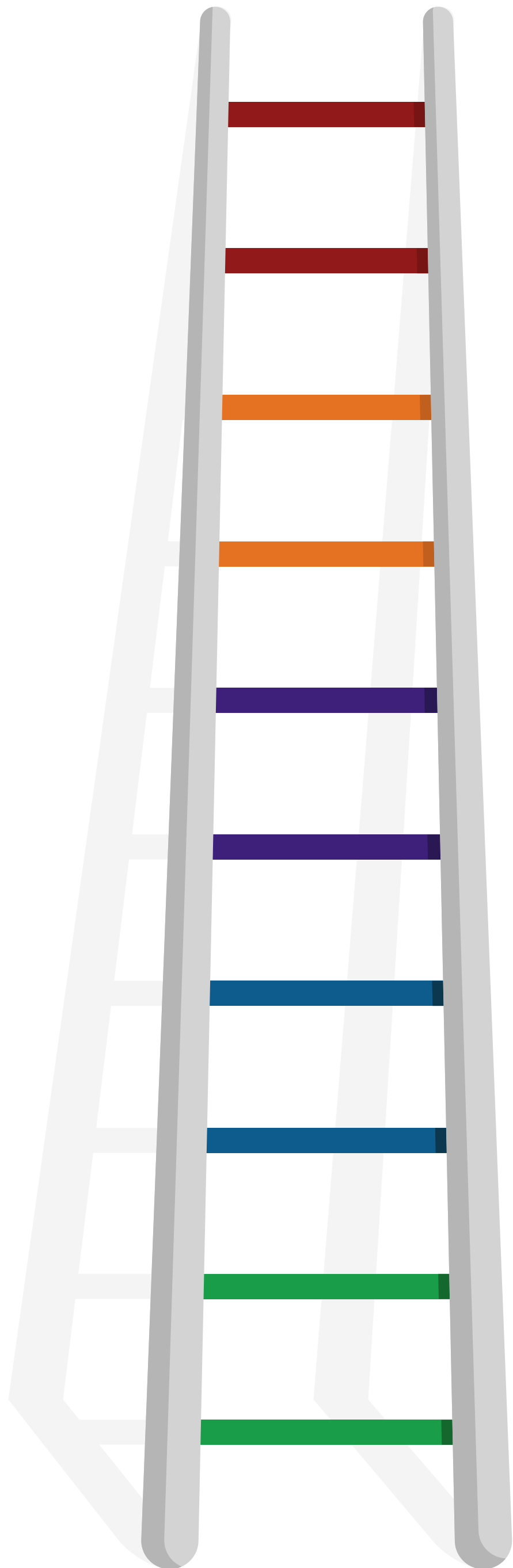
CONTENT AREAS & HIGHER LEARNING

- ▶ Subject areas
- ▶ Refining and applying basic academic skills
- ▶ Study Skills
- ▶ Life-long learning of new skills

Motor, Visual, Auditory, Language, Attention, Memory, and Executive Function Systems develop and are used with increasing sophistication as one moves up the continuum.

Higher level success is dependent on a solid lower level foundation.

Checklist: Signs Your Child May Need Support



Does your child:

- ✓ Struggle to focus or follow multi-step instructions?
- ✓ Avoid reading, writing, or homework?
- ✓ Feel frustrated or overwhelmed by school tasks?

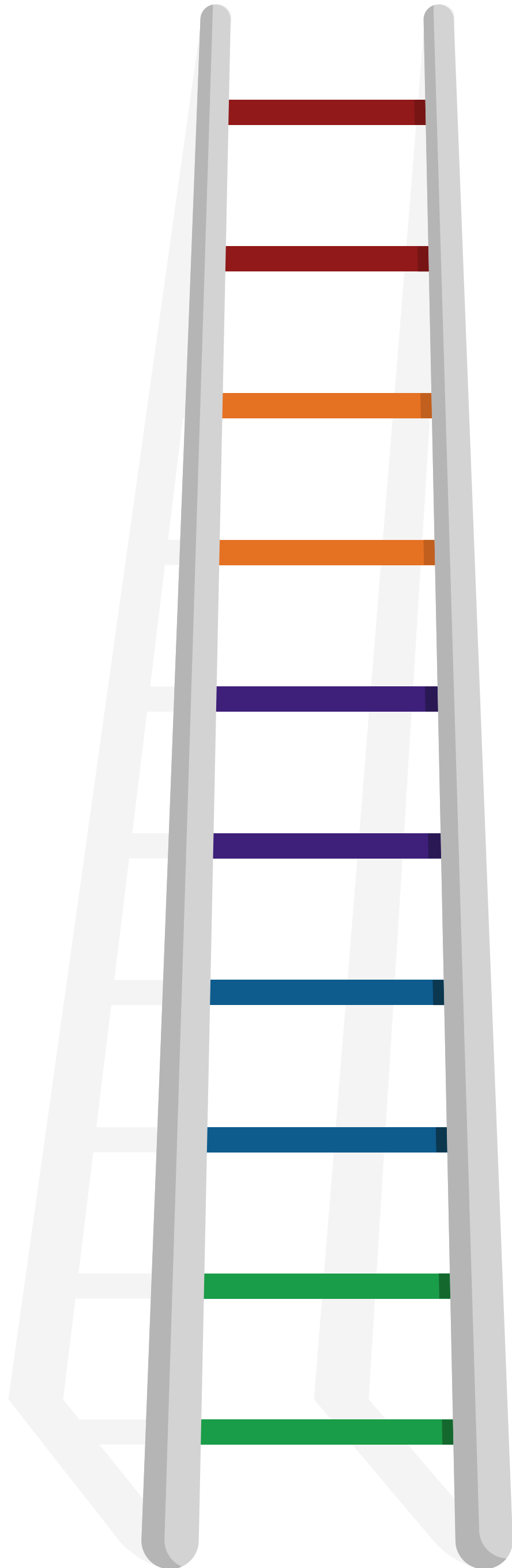
If you answered “yes” to any of these, it’s worth exploring the root causes of these challenges.

You’re not alone in this journey.

We’re here to support you and your child on this journey toward lasting success.

There’s no better time to start helping your child.
Here’s how you can take action:

Checklist: Signs Your Child May Need Support



NEXT STEPS AND RESOURCES:

Sign up for our newsletter:

Get lifetime access to free downloadable resources

Speak with a learning specialist:

Book a **free call** with a specialist who can guide you through your child's next steps.

 Call: 877-774-0444

 [StowellCenter.com / Learning-Specialist-Call](https://StowellCenter.com/Learning-Specialist-Call)