



# EVERY DAY WITH ADHD

Celebrate Abiding  
disabilities

## Your Child's Learning Style

### Discover Your Child's Learning Style and Intelligence

**There are three basic styles of learning.**

Auditory Learners learn by talking or listening.

Visual Learners learn by seeing video or images.

Kinaesthetic/Tactile Learners learn by doing in practical.

**Understand the three main learning styles or modalities.**

**Auditory learners have many of these strengths:**

- Learn best by listening to instructions before they try it themselves
- May be more social.
- Have strong vocabularies.
- Will often be found talking to themselves when they're working on a task.
- They benefit more from the phonics-based method of learning to read.
- May be easily distracted by noise around them.
- Have a strong preference for Music rather than Art.
- Have the desire to mix and match colours and patterns in their wardrobe, in the name of fashion.
- Have a great eye for colour.
- Do better with the phonics approach to learning to read.

**Visual learners have many of these strengths:**

- Learn best by seeing, or watching others do something before they try it themselves.
- Have creative imaginations and love to draw colourful or detailed pictures.
- May seem to be daydreamers.
- May have good handwriting.
- Have an easy time remembering people's faces, but have a hard time with names.
- Have a strong preference for Art rather than Music.
- Tend to be meticulous with their work.
- May need to have an organized environment to be productive.
- Do better with the "Look-then-say" approach to learning to read.
- See the details of something before they see the whole.
- May feel that reading about something is a very effective way to learn something new.

**Kinaesthetic learners have many of these strengths:**

- Have a great knack for taking things apart and putting them back together.
- May be good dancers.
- Love to be moving, going, and doing.
- Don't like to sit still for long.
- They'll tend to fidget and touch things constantly.
- Have strong spelling skills.
- Will touch or grab you to get your attention.
- Excel rapidly in most sports.
- Learn best if they are involved directly in whatever is being done.
- Love to do models or build anything.
- Have to be involved in every activity.



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#### How does your child express himself?

Visual learners may express themselves through facial expression.

Auditory learners may express themselves through their words.

Kinaesthetic learners may express themselves through their body language.

#### What are his or her interests?

Visual learners are typically interested in videos and images.

Auditory learners may enjoy sound and music.

Kinaesthetic learners are generally interested in physical activities.

#### How does your child solve problems?

Visual learners may use their eyes to find solutions to a particular problems.

Auditory learners may want to discuss the possible solutions.

Kinaesthetic learners will find a solution using their hands.

#### How do you discover your child's strengths? Where do you start?

##### Here's what the experts say:

- Observe your child. Provide a few choices and see which toy or activity your child prefers.
- Ask age-appropriate questions. For a toddler: "What is your dolly's name?" For a 6-year-old: "When you rolled in the leaves, how did they feel and sound?" For a high-schooler: "What do you think of the president? Is he doing a good job?"
- Catch your child being good at something. Don't ignore your child when he or she is quiet and engrossed in an activity; reinforce this with praise.
- Help your child advance, without over-challenging him or her. If your child likes to pick out tunes on the piano, read to him or her about a musical role model, browse in a music shop, take him or her to a recital, or suggest lessons.
- Follow your child's lead. Support the choices your child makes, even if they are not the ones you'd expected.
- When a performance doesn't meet expectations, focus on your child's attempt, not the result. Praise the effort and your child will not give up, but will try to improve.
- Be a role model for the type of behaviour you want your child to exhibit. Work hard at your own hobbies or interests. Practice often.
- Provide extracurricular opportunities like scouting, a sports team, or the school choir.
- Don't over-program your child's time or over-structure activities. Let your child develop his or her own creative energy.
- Read to your child and let your child see you reading. Your child will grow up to be a better reader.
- Without realizing it, parents can signal disappointment, and a child may conclude that he or she is not good enough. And parents can often intimidate children into inaction.



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### Offer challenges

Although parents may recognize their child's abilities and offer support, sometimes they don't challenge the child to push himself to his best ability. Other parents push, criticize, and humiliate their child, but they don't praise and support him. Some Little League fathers, for example, are so invested in performance that they forget to support or respect their child's effort, and the child gives up or develops a feeling of being a failure.

Children participating in an activity can undergo a "crystallizing experience." When a child is immersed in an activity, it can become so enjoyable that performing becomes the reward. The youngster learns that some work can be truly engaging and that if he tries hard, he will be internally rewarded. He sticks with it, because he believes that the crystallizing experience will occur again and again.

Unfortunately, before some children can develop such an internal compass, an absence of support stifles their talent and extinguishes their ambition.

Every human being has strengths. But it takes courage to see them and confidence to play them out. That's why we need help to see our gifts and to believe in them - and in ourselves.