

How to support children with Auditory Processing Disorder



1. Reduce your child's frustration by being understanding and compassionate about their difficulty.

Have a lot of understanding and compassion so that it eliminates frustration for your child and for you! Understand that sometimes they won't respond immediately, or will respond inappropriately.

2. Make sure your child knows when they need to listen and follow an instruction,

Make sure you have your child's full attention before you speak to them.

3. Have your child face you when you speak to them.
4. Keep instructions short.

Not too many things to do in one instruction. Give them some space to answer, or some space to respond to the instruction.

5. Check your child understands.

Don't get frustrated if they don't do the thing you have asked them to do immediately. You can even ask the child, say, Nick, now what does Mummy want you to do? That's right, go and get your shoes.

Therefore, checking your child has actually understood.

6. Limit TV time

Try to have a very quiet environment when doing work.

7. Charts for task sequences

Try to have a routine; a chart with the visual representation of each task can also help.

If possible, have a picture of all those things and let them check them off once completed.

Don't worry if you do not complete everything you planned to do!