



MCEC[®]
Parent Programs

Study Skills for Children with Exceptional Needs

Helpful Links

Helping parents understand the difference between the IEP and 504 Plan.

<https://www.militarychild.org/About/Grant-Funded-Initiatives>

Understood.org has practical tips and a plethora of resources dedicated to serving the millions of families of kids who learn and think differently.

<https://www.understood.org/>

LD OnLine works in association with the National Joint Committee on Learning Disabilities (NJCLD). It has many tips and resources for educators and families.

<http://www.ldonline.org/>

Pacer Center has many resources and tips in multiple languages to aid families.

<https://www.pacer.org/special/covid-19.asp>

Iris Center offers perspectives and resources for parents.

<https://iris.peabody.vanderbilt.edu/module/c19/cresource/#content>

How Parents Can Support Children With Special Needs During Distance Learning.

<https://greatergood.berkeley.edu/article/item/>

[how parents can support children with special needs during distance learning](https://greatergood.berkeley.edu/article/item/how_parents_can_support_children_with_special_needs_during_distance_learning)

Back to School Tips for Parents: Model confidence, create structure, and get to know the new teacher.

<https://childmind.org/article/helping-children-with-special-needs-go-back-to-school/>

New Strategies in Special Education as Kids Learn From Home.

<https://www.edutopia.org/article/new-strategies-special-education-kids-learn-home>

Khan Academy has many videos and resources in a variety of subjects to help students with academics and learning content.

<https://www.khanacademy.org/>

For More Information: Parents@MilitaryChild.org

Organizing and Managing Time

To be prepared to study, students need the information home from school or online access. This means that studying starts at school. Together with the school support team select a method for your student to get the lessons from school home and back again.

Helping Your Child with Organization and Study Skills.

http://www.idonline.org/article/Helping_Your_Child_with_Organization_and_Study_Skills

Homework Challenges: How to Help Your Child.

<https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/homework-strategies>

Supporting Students with Learning Disabilities in Written Expression.

<https://www.edu.gov.mb.ca/k12/docs/support/learndisabilities/module4.pdf>

Notetaking and Understanding Main Ideas

Taking notes is a crucial step in developing study skills. Notes help the student understand the material, and they serve as reference material when students are studying for tests. Students with learning disabilities often have difficulty "chunking" or sorting information into units or main ideas. Help your younger child by categorizing and sorting. Older students can learn to write down the chapter and section titles to give them an overview and break down the studying into manageable chunks.

Enhancing the Note-Taking Skills of Students with Mild Disabilities

http://www.idonline.org/article/Enhancing_the_Note-taking_Skills_of_Students_with_Mild_Disabilities

Supporting Students with Learning Disabilities in Written Expression

https://www.edu.gov.mb.ca/k12/docs/support/learn_disabilities/module4.pdf

Reading Skills: Main Idea.

<https://www.specialedspot.com/2015/11/reading-skills-main-idea.html>

How to Adapt Your Teaching Strategies to Student Needs.

<https://www.readingrockets.org/article/how-adapt-your-teaching-strategies-student-needs>

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Study Strategies

Homework Challenges: How to Help Your Child.

<https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/homework-strategies>

How Parents Can Help Their Kids With Studying.

<https://www.edutopia.org/article/how-parents-can-help-their-kids-studying>

Study and Test-taking Strategies for Kids with Learning Difficulties.

<https://www.greatschools.org/gk/articles/study-and-test-taking-strategies-for-kids-with-learning-difficulties/>

Creative ways students can demonstrate what they know.

<https://www.teachthought.com/learning/60-things-students-can-create-to-demonstrate-what-they-know/>

Multisensory Support

Use multisensory, hands-on learning. Many times, you can use items you already have at home. Items that are appropriate for your child's age and abilities to easily manipulate. Multisensory learning means that children can listen (auditory), see (visual), touch (tactile), and/or use movement (kinesthetic), offering several ways to learn.

Colors, colored overlays, and reading skills.

<https://www.frontiersin.org/articles/10.3389/fpsyg.2014.00833/full#B26>

How to Make Multisensory Teaching Materials.

<https://www.verywellfamily.com/make-multisensory-teaching-materials-2162327>

Flip the Switch: Strengthen Executive Function Skills by Sheri Wilkins and Carol Burmeister.

Good Background Colors for Readers: A Study of People with and without Dyslexia

<https://www.cs.cmu.edu/~jbigham/pubs/pdfs/2017/colors.pdf>

Sensory timers: <https://www.online-stopwatch.com/sensory-timers/>

Scheduling brain breaks for your child: https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/brain-breaks-what-you-need-to-know?_ul=1*porybm*domain_userid*YW1wLTIWODQ5andNWXZ1ZDV5b1I2U3gtY1E

Calming corner: <https://www.thewatsoninstitute.org/special-education-classroom-calming-corner/>

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Organizing Your Study Space

Make sure your child has a place to study. Select a place that is well-lit and that has little or no distractions. Each child needs all the school supplies necessary in an organized space. At the minimum, we recommend that you have the same items at home that are on the general school supply list. Keep all these supplies in one space, possibly in a homework box to avoid as much distraction as possible.

Homework Box

(e.g., a tote with a flat lid and handles)

pencils	pencil sharpener	erasers	pens	notebook	loose leaf-filler paper
markers	crayons	highlighters	calculator	protractor	ruler
index cards	dictionary	thesaurus	almanac	tissues	water bottle
snacks	stapler	staples	paper clips	tape	glue
scissors	cell phone charger	battery back - up pack for cell phone	stress ball		

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Videos

How to Find the Main Idea: <https://www.youtube.com/watch?v=G5X9tehAyKA>

Finding the Main Idea: <https://www.youtube.com/watch?v=CHEQ04EOyke>

Central Idea: <https://www.youtube.com/watch?v=KfuCQ1B8pgg>

Helpful Hints: Multisensory https://www.youtube.com/watch?v=eJN-NKg2A_Q

MCEC Parent Programs Resources

Watch the recording of this webinar at:

<http://militarychild.adobeconnect.com/web3520/event/login.html>

Find other MCEC Parent Programs Webinars related to this topic at:

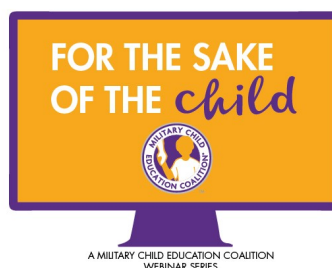
www.militarychild.org/webinars

Contact your local Parent to Parent team for workshops that are offered in your community.

<https://www.militarychild.org/programs/parent-to-parent>

If you have any questions, please don't hesitate to reach out to:

Judy.Glennon@MilitaryChild.org



For More Information: Parents@MilitaryChild.org

