



**LittleListeners**  
Helping young minds learn to listen

## **AUDITORY PROCESSING DISORDER: Tips for Parents**

*Revised from the FL Dept of Ed, Technical Assistance Paper 10967*

Parents of a child with auditory processing disorder face many challenges. The management process will be much easier when parents can accept that their child may have a style of learning and listening that is different from other children. The following are some suggestions to assist parents with the management process:

- Learn as much as possible about APD and your child's specific strengths and weaknesses.
- Simplify your language if your child doesn't understand you.
- Give your child your full attention when communicating and listen carefully. This models appropriate communication skills and will help you learn more about their specific communication style and needs.
- Set a time each day to work one-on-one with your child on their schoolwork and/or therapy assignments.
- Gain your child's visual and auditory attention before communicating.
- Start with short work periods and gradually increase time.
- Give short and simple directions.
- Realize that your child may hear inconsistently depending on their level of fatigue. Exercise patience and never assume they are intentionally ignoring you.
- If a task is too difficult for your child, simplify it or move on to something easier.
- Encourage your child to use compensatory strategies to complete difficult tasks.
- Help your child become independent in daily tasks and routines. Use cards or boards with pictures to help illustrate expectations.
- Insist that your child complete activities. Keep your expectations reasonable.
- Use a lot of positive reinforcement and praise, even for small accomplishments and efforts.
- Slow your rate of speech and pause between utterances if your child is struggling to understand you.
- Try rephrasing if repetition doesn't work for clarification
- Allow your child extra time to organize their thoughts and process information.
- Avoid speaking to your child from a different room or with reduced visual cues.
- Allow downtime after work or school before completing homework and chores. Many APD children need to decompress after being overloaded all day at school.
- Create a quiet place to read and study away from doors, windows and noisy family members.
- Read aloud to your child and discuss what you have read.
- When your child is upset or overwhelmed communicate with as few words as possible. You may clarify with greater detail later when they are calm.