

### What are Neurodevelopmental Disorders (NDD)

- Neurodevelopmental Disorders impact the way that the brain works
- Interrupts typical development in children and can affect a specific developmental area
- Severity can range from mild to disabling
- Learning disabilities and Attention Deficit Hyperactive Disorder (ADHD) are the most commonly diagnosed disorders

### **Some causes...**

*Much is still unknown about NDD, but some suspected causes are:*

- *In utero exposure to substances or certain medications*
- *Genetics*
- *Premature birth*
- *Environmental contaminants*
- *Low birth weight*

**Learning Disability:** *can cause a person to have trouble learning and using certain skills. The skills that are most often affected are reading, spelling, mathematics, listening, speaking, and reasoning.*

### **Warning Signs...**

- Problems in learning the alphabet, rhyming words, or connecting letters to their sounds.
- Make mistakes reading aloud, repeat, and pause often.
- Not understanding what they read.
- May have trouble spelling words.
- May have difficulty remembering the sounds of letters, or hearing small differences between words.
- May have trouble organizing what he or she wants to say, or cannot think of the word they need to write or speak.
- Cannot repeat a story in order (what happened first, second, third).
- May confuse math symbols and misread numbers.

### **Important Information**

- Specific learning disabilities tend to be diagnosed when children reach school age.
- Special education services are important sources of help for pre-school and school aged children.
- The school staff works with the child's parents to develop an Individualized Education Program (*also known as an "IEP"*)
- Early intervention is important. With hard work and the right help, children with specific learning disabilities can learn more easily and successfully.

**Intellectual Disability:** *is diagnosed before 18 years of age. Includes below average general intellectual functioning and a lack of skills necessary for daily living*

### **Warning Signs of an Intellectual Disability**

- Lack of or delayed development of motor, language, and self-help skills, especially when compared with other children their age.
- Failure to advance intellectually.
- Lack of curiosity / exploration of their environment.
- Problems staying up to grade level in school.
- Difficulty adapting to new situations.
- Difficulty understanding and following social rules.

### **Important Information**

- It is important that a specialist evaluate your child to determine if there are other mental and physical health problems.
- Early intervention is important

**Autism:** *Autism is a neurological disorder of the autistic spectrum. It can be mild or severe and why it is considered a wide spectrum. It impacts the normal development of the brain areas related to social interaction and communication skills.*

### **What Does Autism Impact?**

1. Communication area (e.g. delayed or absent speech, difficulty in establishing or maintaining a conversation, repetitive language)
2. Socialization (e.g. Lack of facial expression, avoids eye contact, difficulty interacting with others, difficulty in sharing social interests)
3. Behavior (e.g., extreme fears , repetitive movements, such as shaking hands, frequent temper tantrums , inflexibility and adherence to routines or rituals)

**Attention Deficit Disorder with Hyperactivity (ADHD):** *is characterized by inattention, hyperactivity and impulsivity.*

### **Three types of Attention Deficit Disorder with different symptoms**

1. Predominantly inattentive type (*difficulty maintaining focus/attention*)
2. Predominantly hyperactive and impulsive type
3. Combined type- A combination of the above two types

**Hyperactive & Impulsive Type**

1. Plays with their hands and feet or can not sit quietly in their seat.
2. Gets up from their seat when the situation requires them to remain seated.
3. Moves excessively or are restless when the situation calls for other behavior.
4. Is very noisy during recreational activities.
5. In constant movement.
6. Talks excessively.
7. Impulsively responds before the question has been fully presented.
8. Has difficulty awaiting his/her turn.
9. Bothers or annoys others

**Inattentive Type**

1. Difficulty paying attention to details, makes errors in homework, work or other activities.
2. Difficulty paying attention at school, doing homework, or in recreational activities.
3. Appears to not be listening when spoken to directly.
4. Does not follow instructions and does not finish schoolwork, homework, chores or other activities.
5. Has difficulty organizing tasks and activities.
6. Gets upset by, avoids, or refuses to participate in tasks which require effort to pay attention.
7. Loses things needed to complete tasks or activities.
8. Is easily distracted by external stimuli.
9. Is forgetful in daily activities.

**Combined Type**

This is the most common type: children have a combination of symptoms of hyperactivity, impulsivity, and inattentiveness.

### **Advice for parents**

- ✓ Identify the symptoms/signs at an early age.
- ✓ Seek professional help.
- ✓ Learn about the various resources/programs available.
- ✓ Get involved in the child's school.
- ✓ Create a predictive and regular routine
- ✓ Get and create organization
- ✓ Manage and minimize distractions
- ✓ Limit options as to not overwhelm child
- ✓ Give clear and specific instructions
- ✓ Break down complicated tasks into easier portions
- ✓ Use goals, praise and rewards
- ✓ Provide opportunities for movement, a healthy diet, and a regular sleep schedule
- ✓ Use consequences that are related to the broken rule and appropriate in magnitude
- ✓ Yelling and spanking are **NOT** effective. They can harm the child's development and should be avoided

### **Resources**

- International Dyslexia Association  
<https://dyslexiaida.org>
- Association of Educational Therapist  
<https://www.aetonline.org/>
- Autism Speaks  
[www.autismspeaks.org](http://www.autismspeaks.org)
- Departmental of Developmental Services  
<https://www.dds.ca.gov/rc/>
- Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)  
[www.chadd.org](http://www.chadd.org)

***“SEEK HELP, YOU ARE NOT ALONE.”***

**Emergency & Non-Emergency Helpline. Operates 24 hours a day 7 days a week**

**Call: 1800-854- 7771 TDD/TTY: 562-651-2549**