



Pflugerville Middle
School
Resource Directory
2007-2008
PISD

Pflugerville Middle School
Resource Directory
PISD
2007-2008

Provided by the Counseling Department
of
Pflugerville Middle School
Pflugerville, Texas

Disclaimer: The names and contact information featured in this directory are provided as a courtesy. They are endorsed by neither Pflugerville Middle School nor Pflugerville ISD.

Pflugerville Middle School
Resource Directory
PISD
2007-2008

Purpose: The purpose of the Pflugerville Middle School Directory is to provide a starting resource for parents, teachers, and counselors in finding community assistance in times of need.

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Campus Contacts

Campus Principal
(512) 594-2010

Mary Kimmins
mary.kimmins@pflugervilleisd.net

Assistant Principal
(512) 594-2017

Robert Stell
robert.stell@pflugervilleisd.net

Assistant Principal
(512) 594-2016

Aubrey Johnson
aubrey.johnson@pflugervilleisd.net

6th Grade Counselor
(512) 594-2026

Sarah Mullin
sarah.mullin@pflugervilleisd.net

7th Grade Counselor
(512) 594-2028

Julia Engelmann
julia.engelmann@pflugervilleisd.net

8th Grade Counselor
(512) 594-2027

Yolanda Turner
yolanda.turner@pflugervilleisd.net

Campus Social Worker
(512) 594-0539

Ana Bowie
ana.bowie@pflugervilleisd.net

Campus Nurse
(512) 594-2035

Wendy Mackey
wendy.mackey@pflugervilleisd.net

School Resource Officer
(512) 594-2040

Abby Chapman
pmsro@pflugervilleisd.net

School Psychologist
(512) 594-2059

Leah Cook
leah.cook@pflugervilleisd.net

Speech Therapist
(512) 594-2058

Jennifer Perks
jennifer.perks@pflugervilleisd.net

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Crisis Intervention



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**Bluebonnet Trails Community
Mental Health and Mental
Retardation Center**

1008 Georgetown St.
Round Rock, TX 78664

(512) 244-8377
After 5 PM: 800-841-1255

Mental Health Crisis, Medication
Monitoring
(Psychiatrist on Staff)

**CAPE Team
(Children and Adolescents
Psychiatric Emergency)**

Austin/Travis County
MHMR Center

56 East Avenue
Austin, TX 78701

(512) 804-3000

Intervention Services Unlimited

P.O. Box 662
Round Rock, TX 78680

(512) 763-0478
Fax: (512) 868-6812

Assessments, Crisis Intervention,
Healthy Families Program

Sandstone Health Care

8820 Business Park, #400
Austin, TX 78759

(512) 346-9800
Fax: (512) 346-9840

Substance Abuse Services

Williamson County Crisis Center

211 Commerce Blvd., #103
Round Rock, TX 78664
(512) 255-1212

<http://www.wccc.info>

Adult and child victims of violent
crime, domestic violence, and sexual
assault.



Mental Health And Counseling Agencies

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**Austin-Travis County Mental Health
and Mental Retardation Child and
Family Services**

1430 Collier Street
Austin, TX 78704

(512) 447-4141

Crisis Line: (512) 454-3521 or (512) 472-4357

<http://www.atcmhmr.com> (under "services" link)

Provides quality mental health services to children, adolescents, and their families who reside in Travis County and those who are eligible for assistance.

Austin Child Guidance Center

810 W. 45th Street
Austin, TX 78751

(512) 451-2242

Fax: (512) 454-9204

<http://www.austinchildguidance.org>

Provides mental health evaluation and counseling services to youth under 18 who are experiencing emotional, behavioral, or social problems and their families.

**Austin Center for Attitudinal
Healing**

P.O. Box 5900
Austin, TX 78763

(512) 327-1961

Provides unconditional emotional and spiritual support to anyone dealing with illness, grief, loss, or effects of crime and violence.

**Bluebonnet Trails Community
MHMR**

Center, Williamson County

Mental Health Services for Children

1009 North Georgetown Street
Round Rock, TX 78664

(512) 244-8377

Fax: (512) 244-8417

After hours, weekends, and holidays:

(800) 841-1255

Mental health services for children and adolescents

Capital Area Mental Health Center

1106 Clayton Lane, Suite 105-W
Austin, TX 78723

(512) 302-1000

Fax: (512) 302-0850

<http://www.camhc.org>

Provides low cost psychological counseling services to the Central Texas community. Services address depression, anxiety, bipolar, family violence, marital and relationship issues, and social isolation.

Center for Child Protection

1110 East 32nd Street
Austin, TX 78722

(512) 472-1164

Fax: (512) 472-1167

<http://www.centerforchildprotection.org>

Provides therapy, medical, and therapeutic services for children and families in abusive situations, as well as offers assistance in counseling.

The Children's Partnership

P.O. Box 1748
Austin, TX 78767
(512) 854-4596

Princess.Katana@co.travis.tx.us

<http://www.childrenpartnership.com>

Meets the needs of children and youth with serious emotional disturbances in Travis County by creating a collaborative system of care comprised of community partners.

Choices Children and Adult Counseling Services

Dr. Tina Nunnellee
Pflugerville, TX 78691

(512) 535-5673

email: tina@ccaacs.com

Children and Adult Counseling

City of Pflugerville Victim Services

1611 E. Pfenning Lane
P.O. Box 679
Pflugerville, TX 78691
(512) 670-5701
Fax: (512) 670-5501

jallen@cityofpflugerville.com

[http://www.cityofpflugerville.com/index.asp?
NID=344](http://www.cityofpflugerville.com/index.asp?NID=344)

Services include on-scene crisis intervention and group therapy.

For the Love of Christi, Inc.

2306 Hancock Drive
Austin, TX 78756

(512) 467-2600
Fax: (512) 467-2405

<http://www.forlovechristi.org>

Provides support for those who are adjusting to life after the death of a loved one. Provides monthly grief support groups for adults, children (5-12), and teens (13-17).

Hospice Austin

4107 Spicewood Springs Road, Suite 100
Austin, TX 78759
(512) 342-4700
Fax: (512) 795-9053

email: info@hospiceaustin.org

<http://www.hospiceaustin.org>

Provides individual, group, and family bereavement and grief support. Camp Brave Heart is a summer camp for children who are grieving.

Intervention Services

605 E. University Avenue
Georgetown, TX 78626
(512) 763-0478

<http://www.interventionservices.org>

Provides school and community based mental health services for the Central Texas region, including crisis intervention, individual and group counseling, and training for counselors and educators.

Lifeworks Kids Exchange

8913 Collinfield Drive
Austin, TX 78758
(512) 324-6888

<http://www.kids-exchange.org>

Assists in strengthening family relationships through visitation exchange and support services by providing a child focused environment for families in transition.

Lifeworks Youth Crisis Hotline

(512) 735-2400

Operates the only walk-in emergency shelter for youth in Travis County. Shelter provides runaways and homeless youth (including teen parents), ages 10-19, a secure place to sleep, food, clothing, and case management to coordinate family reunification, medical care, transportation, educational services, tutoring, and counseling.

Starry Program

1300 N. Mays
Round Rock, TX 78664
(512) 388-8290

<http://www.starryonline.org>

Supports children, youth, and parents in crisis through services that protect, educate, and promote strong families. Offers counseling, emergency shelter care, and foster care.

Travis County Counseling and Education Services

Service Center
5501 Airport Blvd., #102
Austin, TX 78751
(512) 854-9540

Intake and Assessment
1101 Nueces
Austin, TX 78701
(512) 854-9540

Provides assessment and rehabilitation programs for adults and juveniles referred by various criminal justice affiliates.

Wonders and Worries

1715 East Sixth St. Suite 100
Austin, TX 78746
(512) 329-5767

<http://www.wondersandworries.org>

Provides psychological support for children, youth, and families coping with chronic or life-threatening illnesses.

Group and individual counseling and bereavement support.



Support Groups

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Alcoholics Anonymous

6606 N. Lamar Blvd.
Austin, TX 78704
(512) 453-9300

www.alcoholics-anonymous.org

Substance abuse and chemical dependency
recovery information.

AVANCE Austin

2800 S IH-35 #160
Austin, TX 78704
(512) 326-9335

<http://www.avance-austin.org>

Building stronger children, parents, families,
and communities through program supporting at-risk
families in Latino Communities.

Candlelighters Childhood Cancer Foundation

1121 E. 7th Street
Austin, TX 78702
(512) 454-3743

[http://www.harvestclassic.org/candlelighters/
candlelighters.html](http://www.harvestclassic.org/candlelighters/candlelighters.html)

<http://www.abcaus.org/Candlelighters.asp>

Psychological support and service for children
with cancer and similar blood disorders and their

Citywide Parenting Series

(512) 478-5725 ext. 215

<http://www.familyconnectionsonline.org>

The Citywide Parenting Series is a listing of parent
education classes offered in Travis County.

Codependents Anonymous

(512) 234-0884

For people struggling to maintain
functional relationships.

Divorce Recovery and Family Resource Center

(512) 502-1882

Support group for families of divorce
and step-family situations.

**Down Syndrome Association of
Central Texas**

Mailing address:

3710 Cedar Street, Box 3
Austin, TX 78705
(512) 323-0808
Fax: (512) 451-3110

<http://www.dsact.com/Calendar.html>

**Families of Incarcerated Loved
Ones
(FILO)**

(512) 443-0716

Support group for family members of
incarcerated loved ones.

Hospice Austin

4107 Spicewood Springs Road, Suite 100
Austin, TX 78759

(512) 342-4700
1-800-445-3261
Fax: (512) 795-9053

<http://www.hospiceaustin.org>

Support group for grieving parents and children.

**KODA Travis County Services for
the
Deaf**

(512) 854-9205
TTY (512) 854-9210

Support for parents with hearing impairments.

La Leche League

Call Shannon: (512) 673-3431

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

Provides information, support, and
encouragement to women who wish to
breastfeed their babies.

Latina Mami

(512) 494-7758

Support program for mothers and
expectant mothers of Latino descent.

Men and Fathers Resource Center

The Center offers the following services and organizations:

LoneStar Fatherhood Initiative
DNA for Dads
The Father's Connection
Men/Fathers Help Line

807 Brazos St., Suite 315
Austin, TX 78701
(512) 472-3237

Milagros Children's Heart Support Group

(512) 324-8028

<http://milagrosaustin.com/>

Support group for families of children with heart disease.

Mothers of Multiples

(512) 703-6174

<http://www.austinmoms.org>

Provides families of multiples the opportunity for support and social interaction and to share with others their interests, concerns, and needs.

Narcotics Anonymous

603 W. 13th Street, Suite 1-A-284
Austin, TX 78701

(512) 480-0004

www.na.org

Recovery for drug addiction

Northwest Counseling & Wellness Center

12335 Hymeadow Drive, Suite 400
Austin, TX 78750

(512) 250-9355

Outpatient substance abuse treatment.

Overeaters Anonymous

P.O. Box 4116
Austin, TX 78765
(512) 327-2802

<http://www.main.org/hotig>

Support for compulsive eaters.

Parents Without Partners

(512) 560-6822

<http://www.geocities.com/pwpaustin93/parentswithoutpartnersaustin>

Provides single parents and their children with an opportunity for enhancing personal growth, self-confidence, and sensitivity toward others by offering support, friendship, and the exchange of parenting techniques.

Parents, Families, and Friends of Gays and Lesbians (PFLAG)

(512) 302-3524

<http://www.pflag-austin.org/>

Support for parents, families, and friends of Gay and Lesbian individuals

Texas Advocate for Special Needs Kids (TASK)

(512) 336-0897

Advocacy Inc, legal rights assistance for people with disabilities.

Tough Love, Inc.

2601 Exposition
Austin, TX

(512) 479-9334 (Answered 24 hours)

Offers solutions for parents whose children display unacceptable behaviors. Meetings are every Thursday at 7:00pm.
One time \$30 fee + \$5 each meeting.
No childcare.

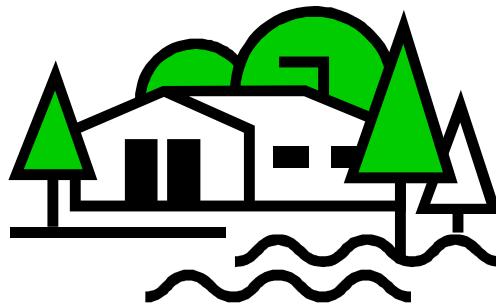
Wonders and Worries

1715 East Sixth St. Suite 100
Austin, TX 78746
(512) 329-5767

<http://www.wondersandworries.org>

Provides psychological support for children, youth, and families coping with chronic or life-threatening illnesses.
Group and individual counseling and bereavement support.

Pflugerville Therapists



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Joey Achacoso, PhD, LPC

203 W. Main Street, Suite A
Pflugerville, TX 78660
(512) 576-2597
Fax: (512) 451-9934
drjoey@yahoo.com

Specializes in play therapy.

Lynn A. Freeman, LPC

1202 FM 685, Suite C2
Pflugerville, TX 78660
(512) 989-1152

Specializes in marriage and family counseling.

Lisa Caramanica, MA, LPC

15901 Central Commerce Drive, Suite 404
Pflugerville, TX 78660
(512) 922-9515

General counseling, child, family, individual counseling, social service and Welfare, business consulting services, psychotherapy, mental health services.

Nichole Hart, MA, LPC

15901 Central Commerce Drive, Suite 404
Pflugerville, TX 78660
(512) 431-4558
nicholehart06@yahoo.com

Licensed Professional Counselor engaged in private practice.

Psychologists



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Austin Child Guidance Center

810 W. 45th Street
Austin, TX 78751

(512) 451-2242 Fax: (512) 454-9204

<http://www.austinchildguidance.org>

Provides mental health evaluation and counseling services to youth under 18 years of age who are experiencing emotional, behavioral, or social problems and their families. Individual, group, and family counseling.

Austin Family Center

Kathy A. Sheley, PhD

1011 W. 31st St (31st and Lamar)
Austin, TX

(512) 451-4665

Individuals, children, adolescents, depression, anxiety

Judith Zamorsky

4310 Medical Parkway, Suite 101
Austin, TX 78756

(512) 306-9522

email: judithzamorsky@sbcglobal.net

webpage: <http://www.judithzamorsky.com>

She accepts Medicaid, Medicare, and other major insurances. She offers individual therapy for: (children, adolescents, and adults) Assessments of learning disabilities, ADH, emotional/mental health issues, and Developmental disabilities.

Psychiatrists



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**Austin Travis County Mental Health & Mental Retardation Center
Psychiatric Emergency Services Division**

56 East Avenue
Austin, TX 78701

(512) 454-3521
Or (512) 472-HELP [4357]

Adults, adolescents, and children experiencing emergent or psychiatric mental health problems
And in need of immediate evaluation services. Crisis intervention, individual crisis counseling,
Individual and family crisis rehabilitative skills training, screening, and referrals to appropriate
Community resources and/or services. Available 24 hrs a day, all year around. Walk-ins accepted.

Austin Psychiatric Consultants

1500 W. 38th Street Suite #53
(512) 377-2500

<http://www.austintheraphy.net>

Austin Psychiatric Consultants is a multidisciplinary mental health office. Psychologists and
therapists work with all ages, from young children to seniors. Services include individual,
couples, family, and group therapy, psychological assessment, and medication management.

The Bluebonnet Trails Community Mental Health and Mental Retardation Center

1009 North Georgetown Street
Round Rock, TX

(512) 244-8377

Fax: (512) 244-8417

After hours, weekends, and holidays: (800) 841-1255

Mental Health Services for children and adolescents.

The Oaks Treatment Center

1407 W. Stassney Lane
Austin, TX 78745

(512) 464-0200

1-800-843-6257

The Oaks Treatment Center is a residential facility offering innovative treatment for
adolescents with a complex array of behavioral, emotional or developmental problems.

National & State/Local Hotlines



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National Hotlines

National Domestic Violence Hotline:	(800) 333-7233
National Child Abuse Hotline:	(800) 4-A-CHILD (1-800-422-4453)
National Youth Crisis Hotline:	(800) HIT-HOME (1-800-448-4663)
National Runaway Switchboard:	(800) 621-4000
Suicide Hotline:	1-800-SUICIDE (1-800-784-2433)
Substance Abuse Referral Service:	(800) 662-HELP (1-800-662-4357)

State and Local Hotlines

Capital Area Mental Health	(512) 328-1000
Center for Child Protection	(512) 472-1164
Dispute Resolution Center	(512) 371-0033
Mental Health Mental Retardation Crisis Hotline	(512) 472-HELP (4357)
Safe Place	(512) 267-SAFE (7233)
Texas Abuse Hotline/Child & Elderly Protective Services	1-800-252-5400
Victims Services Travis County Sheriff Department	Phone 211
YWCA Women's Counseling and Resource Center	(512) 326-1222

Community Services

(Food Pantries, Shelters)



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Capital Area Food Bank of Texas

8201 S. Congress Ave.
Austin, TX 78745

(512) 282-2111
(800) 786-2616
Fax: (512) 282-6606

www.austinfoodbank.org

The Caring Place

2001 Railroad St.
Georgetown, TX 78627

(512) 869-4735

Monday-Friday 9am-4pm
Saturday 9am-noon

First United Methodist Church

P.O. Box 560
Pflugerville, TX 78660
(512) 251-2575 voicemail
Fax: (512) 989-2536

email: fumc@sbcglobal.net

www.pflame.org/index.html

Lions Club, District 2-S3

500 N. Railroad
Pflugerville, TX 78660

(512) 251-5466

**North Rural Community Center
(Division of Travis Country Health and
Human Services Dept.)**

15822 Foothills Farms Drive
Pflugerville, TX 78660

(512) 251-4168

Emergency Assistance: food or food vouchers,
transportation, rent, utilities, gas, clothing, and
prescription.

**Round Rock Area Serving Center
(Social Services and Food Pantry)**

1099 E. Main St.
Round Rock, TX 78664

(512) 244-2431
Fax: (512) 255-0913

email: infor@servingcenter.org
www.servingcenter.org

The Safe Place

P.O. Box 19454
Austin, TX 78760

(512) 267-SAFE (24 hr hotline)

email: info@austin-SafePlace.org

Saint Elizabeth

1520 Railroad Ave.
Pflugerville, TX 78660

(512) 251-9838

Monday 6 pm-7pm
Thursday 9 am-noon

The Store House

1202 FM 685
Pflugerville, TX 78660

(512) 989-9989

Monday-Saturday: 10 am-2pm

Texas Homeless Network

200 E. 8th Street
Austin, TX 78701

(512) 482-8270

Williamson County Crisis Center

211 Commerce Blvd. #103
Round Rock, TX 78735

(512) 255-1212

Hotline: 1 800 460-SAFE

Pregnancy Services



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Agape Pregnancy Resource Center

104 E. Main Ave.
Round Rock, TX 78664

(512) 248-8200

email: info@agapeprc.org

www.agapeprc.org

Hope Pregnancy Center

103 Jim Gage Lane
Hutto, TX 78634

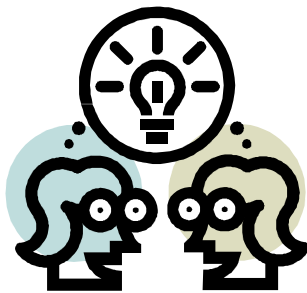
(512) 846-1902

www.hpcofhutto.org

Austin Pregnancy Resource Center	(512) 476-7774
Life Care Pregnancy Services	1-800-395-4357 or 347-0055
Marywood Maternity Hotline	1-800-251-5433
Austin Reproductive Services	(512) 458-8274
Local Planned Parenthood	(512) 251-7844

Suggestions & Tips

- Study Skills
- Note-Taking Skills
- Test-Taking Skills
- Time-Management Skills
- Stress-Management Skills
- Anger-Management Skills
- Alternatives to Fighting
- Self-Esteem
- Helpful Articles



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Study Skills

1. Set aside a specific time and place to complete homework.
2. Have all study materials easily accessible.
3. Review textbook and notes.
4. Read textbook on schedule.
5. Write questions when reading the text.
 - a. Find answers by reading.
 - b. Find answers by asking in class.
 - c. Find answers by asking the teacher after class.
6. Summarize ideas from the reading and notes.



Taken from Page 115 of *The School Counselor's Book of Lists* by Dorothy J. Blum, Ed.D.

Note-Taking Skills

1. Underline or highlight the main ideas and key concepts.
2. Write the main ideas and key concepts that the teacher emphasizes.
3. Write the explanations.
4. Write summaries of the class discussions.

Test-Taking Skills

1. Listen to directions for the test.
2. Ask questions before the test.
3. Work all examples and take examples seriously.
4. Scan the test:
 - a. Look over the entire test before answering questions.
 - b. Work all easy items first.
5. Read each item and question carefully.
6. Read all directions carefully.
7. Pay attention to key terms.
8. Work carefully and take your time.
9. After the test, return to the beginning and answer all items left blank.
10. Guess between two answers if all but two answers of a multi-choice item can be deleted.
11. Try to answer every question.
12. Break down difficult questions into sequential steps.
13. Re-read all questions and check all answers.



Time-Management Skills

1. Establish goals and priorities:
 - a. Work consistently on long-term goals.
 - b. Estimate time required for each priority task.
 - c. Divide long-term assignment into parts or steps.
 - d. Write steps and dates for completion of each step.

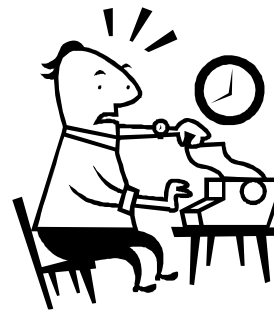
2. Establish regular patterns of study:
 - a. Set routine.
 - b. Complete all reading assignments on time.

3. Review frequently:
 - a. Review assignments including reading assignments.
 - b. Review teacher's directions to complete assignments.
 - c. Review notes before class.
 - d. Review notes after class.
 - e. Review study guides and study aids.



Stress-Management Skills

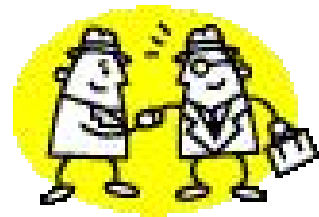
1. Attempt to resolve problem rather than ignore it.
2. Change ways of thinking about problem.
3. Use problem-solving skills:
 - a. Identify the problem.
 - b. Come up with alternatives.
 - c. Consider consequences of each alternative.
 - d. Choose one alternative or solution.
 - e. Put solution into practice.
 - f. Evaluate the effectiveness of the solution.
4. Use decision-making skills.
5. Seek adult help and support.
6. Discuss the problem with a caring adult.



Anger-Management Skills

1. Identify personal signs of anger.
2. Take responsibility for own anger and consequences.
3. Make a commitment to change.
4. Identify alternative behaviors to showing poor impulse control.
5. Practice alternative behaviors.
6. Practice healthy expressions of anger.
7. Accept suggestions to improve anger control.
8. Continue to improve controlling anger.
9. Heal relationships damaged because of poor anger control.
10. Learn alternatives to fighting.

Alternatives to Fighting

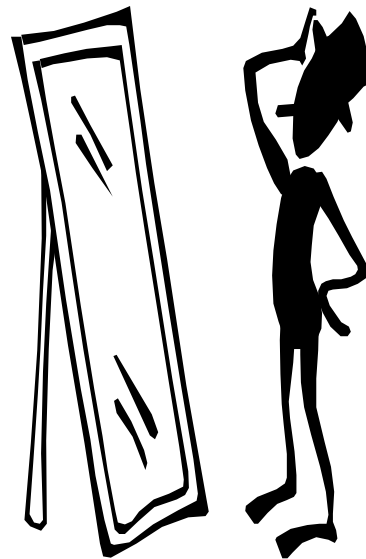


1. Think about why you are angry.
2. Think of ways to vent your anger without fighting or making threats.
3. Decide what you want to happen in the long run.
4. Take the action to avoid a fight.

Self-Esteem

(Positive sense of self-worth and competence)

1. Have realistic expectations for children.
2. Have reasonable limits and consistency of consequences.
3. Give positive feedback when warranted.
4. Be respectful when listening to children.
5. Give acceptance and positive attention.
6. Be a good role model.
7. Show appreciation for uniqueness of each child.
8. Have expectations for self-discipline and self-competence.
9. Recognize child capabilities.
10. Encourage expression of ideas and perceptions.



Taken from Pages 205 and 207 of *The School Counselor's Book of Lists* by Dorothy J. Blum, Ed.D.

Reading Tips for Children with Dyslexia

from an article written by Renee Kirchner
Education. COM, October 26, 2007

www.education.com/magazine/article/Reading_Tips_Dyslexia

Some Possible Signs of Dyslexia

Difficulty reading, writing, comprehending, and spelling
Difficulty deciphering differences in letter sounds
May reverse letters in a word or words in a sentence

How to Help Dyslexic Children at Home

Get them reading

Let them choose the reading material
Have them practice reading aloud, as well as to themselves.
Read together as a family

Hi Lo Books

Books of high interest and low reading level made specifically for dyslexics
Check www.HighNoonBooks.com for a recommended publisher of Hi Lo books

Audio Books

Children can follow along in the book with a tape, CD, or DVD.

Homework Tips for Children with ADHD

From an article by Lynn Moore
Education. COM, October 4, 2007

www.education.com/magazine/article/ADHD_Homework/

1. Communicate with the child, family members, and teachers to establish school homework expectations, homework procedures and schedule at home, and student's study strengths
2. Plan a study time each night for homework constants i.e. tests, quizzes, and/or assignments that are given every week. This will be less stressful than cramming the night before.
3. Choose a special work place that is quiet and away from distractions. Make it inviting but not too comfortable to eliminate temptation to play or sleep.
4. Make sure to have all needed materials on hand, such as textbooks, pens, paper, pencils, erasers, etc.
5. Check that the completed homework makes it to the school bag to be turned in at school. Also, check for graded work brought home.
6. Allow breaks during study time to avoid mental exhaustion.
7. Celebrate effort, achievements, and good grades.

Finding Quality Time

From an article by Patricia Smith

Education. COM, Sept. 11, 2007

www.education.com/magazine/article/Ed_Single_Parenthood/

Below are some ideas to help single parents find more free time to spend their kids.

1. Set aside a day or evening each week to take care of household chores and errands.
2. Buy groceries in bulk to eliminate the need to constantly run to the store.
3. Develop a bill paying system that will allow a more efficient, quicker way to pay bills each month.
4. Prioritize tasks and commitments. Don't feel guilty about choosing to spend time with your child over other lesser commitments.
5. Have the child (children) help out in household tasks and chores. This lessens the load for you and provides another opportunity to spend time together.

Credits

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