

## Inclusive Learning Tip Sheet for Parents

### Supporting Your Child with Flexible, Alternative Learning Strategies

Children learn in many different ways. For some, traditional methods such as reading or writing may be challenging—especially for those with ADHD or learning differences. These **inclusive and creative approaches** can help your child stay engaged and succeed in their learning.

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#### 1. Use Technology to Support Reading and Writing

**Why it helps:** Children who struggle with reading or writing can benefit from assistive technology that reduces frustration and promotes independence.

##### Tools to Try:

- **Text-to-Speech:** These apps *read aloud* text from books, worksheets or websites.
  - Examples: NaturalReader, Speechify, Microsoft Immersive Reader
- **Speech-to-Text (Dictation):** Allows your child to *speak* their ideas while the software types for them.
  - Examples: Google Docs Voice Typing, Dragon NaturallySpeaking, Apple Dictation

**Parent Tip:** Try speech-to-text for planning, writing tasks, or even homework ideas—it's especially helpful for reluctant writers.

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#### 2. Use Music to Help with Focus

**Why it helps:** Soft background music—particularly instrumental or rhythmic—can help calm and focus a busy mind, especially for children with ADHD.

##### Tips for Using Music:

- Choose **instrumental** or **lyric-free** tracks (classical, lo-fi, nature sounds).
- Search for **focus playlists** on YouTube or Spotify (e.g., “ADHD study music”).
- Use **noise-cancelling headphones** to reduce distractions if needed.

**Parent Tip:** Let your child choose music that helps them feel calm and focused—it gives them ownership of their learning.

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### 3. Offer Alternatives to Traditional Writing

**Why it helps:** Writing long pieces by hand or typing can be difficult for some learners. Offering alternatives can help them express ideas more confidently.

#### Practical & Creative Options:

- Make a **mind map**, diagram, or visual chart
- Record a **voice note** or **video explanation**
- Create a **comic strip** or use photos for a **visual story**
- Build a **model** or design a **poster**
- Use **sentence starters** and **word banks** for structure

**Parent Tip:** Speak to your child's teacher about allowing different ways to present learning—many schools are happy to accommodate.

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### 4. Support Focus and Emotional Wellbeing

- Break tasks into smaller, more manageable steps
  - Use **visual timetables**, **checklists**, or **step-by-step instructions**
  - Set **timers** (e.g., 15–20 minute work sessions with short breaks)
  - Praise your child's **effort and progress**, not just the final result
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#### Final Thought:

Every child learns differently. It's okay to **experiment with different strategies** to find what works best. These tools help build your child's confidence, independence, and enjoyment of learning.