



ABC's for Children with Attention and Learning Problems

By: Dr. Val Scaramella Nowinski
Pediatric Neuropsychology

ATTENTION - I cannot always pay close attention because my mind is on too many things at one time.

BEHAVIOR - I get frustrated when too much happens at once. Homework time really makes me feel this way.

CONFIDENCE - Sometimes, it's hard for me to know if you are laughing with me or at me. This makes it hard for me to be sure of myself.



DAYDREAMING - When my mind wanders, I sometimes miss important things I don't want to miss.

EMOTIONS - It's very hard to settle down when I feel like everything is going through my mind at one time. Sometimes, I feel like exploding.

FEELINGS - I may act differently at times, but I have feelings too!

GRADES - I try to get good grades, and sometimes I do. When I don't, don't tell me I'm lazy. Some subjects are just harder for me to understand.

HAPPINESS - I feel very happy when you show me you understand.

INTELLIGENCE - You tell me that many people are smart and have learning problems. I'm glad I'm not alone Mr. Edison, Mr. Churchill, Dr. Einstein, Mr. da Vinci, Mrs. Lowell...

JOKING - Do you have a hard time telling when I'm joking too?

KIDS - Some kids tease me and tell me I'm weird. It's hard to get along with kids sometimes.

LEARNING - I like to learn new things, but my teachers don't always know this. Sometimes, I can't explain myself too well.

MEMORY - I can get so confused that I have a lot of trouble remembering what I'm supposed to do. I forget my homework; I forget what mom sends me upstairs to get; I have trouble memorizing my spelling words, multiplication tables, or months of the year...

NEAT - My teacher tells me to keep my desk neater. My parents tell me to keep my room neater. I guess I don't always keep things in order.

OPPORTUNITY - Give me a chance to talk out my feelings and thoughts. We can be friends.

PATIENCE - This is not my best quality, but your patience helps teach me how to control myself.

QUALITY - I have good qualities that you can see, if you give me a chance.

REVERSE - Sometimes, my mind can't think what some letters or numbers look like and I reverse them or mix them up - s/z, p/q, b/d, 3/E, 9/6.

SLEEP - I have a lot of trouble falling asleep. This can make bedtime pretty upsetting.

TEMPER - I try to control my temper, but sometimes it gets so hard. When I do control it, I'm glad you tell me you noticed.

UNDERSTANDING - I feel so good when you show me you understand. It makes me want to keep trying.

VALUES - When given love, I can love. When shown patience, I can practice control. When you understand, I can understand. When taught in a way that I can learn, I can succeed.

WINNING - I was born to win. You can help me!

EXCELLENCE - When you take the time to see beyond my problems, you unlock the door to excellence.

YEARNING - I yearn for more people to understand me. I need to better understand myself.

Z - Toward a Beginning...

