

## Top Tips for kids...

**If you have APD or problems understanding when people speak to you:**

• You are not the only one; there are many other kids in the world just like you, who have problems with listening and understanding people, but there may not be many in your area and people might not know about it unless you tell them.

Find out as much as you can about APD from your parents and school, so you can learn what might help you best.

• Try to look at people when they speak to you; some people find that reading lips helps them to understand what is said.

• Explain to people that you have trouble understanding them and that there are ways that they can help; a good friend will understand and help you.

• If you can, try to talk to people where it's quiet or in small groups and ask them not to all talk at once then there will be less background noise to stop you understanding them.

• Work out what makes things easier for you to understand maybe you prefer it if people repeat things the same way if you haven't understood, or it might suit you better if they say things in a different way.

• If you find you have a problem remembering things after being interrupted, ask people politely not to interrupt you till you get to the end of what you want to say.

• You may find it easier to have things explained to you using pictures rather than words so tell people if this helps you.

• If you have trouble following lists of spoken instructions or remembering things in the right order, you could ask people to write them down for you.

**And ALWAYS REMEMBER**

**It isn't your fault**

**APD doesn't mean you are stupid!**

**And everyone is good at something...**

**YOU just need to find what that is for you!**