

APD Top Tips for Kids

If you have Auditory Processing Disorder, known as APD:

- Having APD means that your brain doesn't always understand what you hear and you might not remember what you hear very well, or in the right order. Background noise can make it harder to understand or find who is speaking. There are other difficulties - learn how it affects you. It might be harder to understand speech when you're tired, ill or upset.
- You are not the only one with APD; there are many other kids in the world just like you. As many as 1 in every 10 kids can have problems with listening and understanding people, but there may not be many in your area, so people might not know about it unless you tell them.
- Find out as much as you can about APD from your parents, so you can learn to find ways to deal with it and get around it – ways that help you best.
- Try to look at people when they speak to you; some people find that reading lips and expressions 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. You could carry an APD Alert card to show people – it will help you explain. It has a few tips on how other people can help make things easier for 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 speech 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, or write it down.
- 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.
- If you have trouble remembering things or 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- not understanding is not 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!