

IMPLICATIONS OF EPILEPSY: BEYOND SEIZURES

## Helping Children with Organization and Planning

### ■ Strategies for Parents

- Establish a routine.
- Teach your child to use a calendar and a diary.
- Develop time management strategies.
- Teach your child to use an alarm to help them remember when it's time to start a task.
- Write down the steps to complete tasks, review it with your child, and make it available for your child when they complete the tasks.
- Encourage your child to initiate tasks on their own.
- Teach your child to break down tasks into a series of steps before they begin.
- Help your child gather the things needed to complete a task before they begin the first step.

### ■ Strategies for Teachers

- Keep instructions short.
- Break long instructions into shorter segments. Present the segments one at a time for each step in the activity instead of all together at the beginning.
- Highlight the most important instructions in tests.
- Provide your student with more time to complete tests and other evaluations.
- Read test questions aloud or allow your student to read the questions to you.
- Teach your student exam strategies (e.g. leaving tougher questions for the end of the exam, highlighting important information, using process of elimination for multiple choice questions.)

*Adapted from "Cognitive Deficits in Children with Epilepsy" (Mary L. Smith, Anne Gallagher, and Maryse Lassonde); Learning through Storms: Epilepsy and Learning (Canadian Epilepsy Alliance).*

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