



# Learning Disabilities Association of Iowa

Spring 2022 Newsletter

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LDA Iowa thanks you for your membership and support! Please consider inviting a friend, colleague, teacher or parent to join! Just click the link to get started!

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## A MESSAGE FROM PRESIDENT PATTY BEYER



In answer to the always present question, “What could possibly happen next?” Put neurotoxins on your radar. While toxic chemicals have been around for some time, the danger of their use in everyday products has increasingly come to light. Neurotoxins have been identified in baby food and toys for children. Contact with these chemicals can impact the developing brain of a fetus, infant or young child, resulting in lifelong struggles with learning. The Learning Disabilities Association of Iowa provides support for, and information about, learning disabilities for people of all ages from pre-birth to adults. On the front end of that continuum is the prevention of learning disabilities which is why LDA-Iowa participates in the Healthy Children Project. This initiative provides important information on neurotoxins and how to protect your family from their effects. Check out this [website](#) for more details and please share the information with pre-parenting as well as parenting family and friends.

If your child has ever had a meltdown in a grocery store, then you have witnessed the use, or non-use, of executive function - the brain-based process that controls thoughts, actions and feelings. Helping your child develop strong executive function skills such as thinking twice before acting are important for school success, and, at the adult end of our continuum, good executive function skills are critical to maintaining employment. As the articles on work and executive function will show, it is never too late to learn new strategies for improving those skills.

As always, feel free to reach out to LDA-Iowa with any questions or concerns you may have. We have a group of dedicated volunteers, with a wealth of knowledge and experience, who are happy to provide guidance and support.

Stay healthy and keep learning.

~ Patty Beyer

### LDA IS HERE TO SUPPORT, EDUCATE AND ADVOCATE FOR INDIVIDUALS IMPACTED BY LEARNING DISABILITIES AND RELATED DISABILITIES



Support



Educate



Advocate

**YOU CAN HELP, TOO! CONSIDER JOINING OR DONATING TODAY!**

[DONATE NOW](#)



### Upcoming Board Meetings

- April 23
- July 9
- October 23-Annual Meeting

To Be Determined: Meetings will be held via Zoom or In-Person at our Johnston office.

For more information about attending a board meeting, contact us:

**Email:**  
[learningdisabilitiesofiowa@gmail.com](mailto:learningdisabilitiesofiowa@gmail.com)

**Phone:** 515-209-2290

### Save the Date!



More information will be coming soon, but until then, save the date for LDA'S 60th Annual Conference on February 21st-23rd, 2023! LDA members will receive a discount on registration!

## Phonics: What Parents Need to Know

What does scientific research say about teaching phonics? Phonics instruction needs to be started early and needs to be explicit and systematic. Instruction is explicit in that it uses direct teaching of a set of letter-sound relationships, and it is systematic in that a clearly defined sequence of instruction is used.

The following is a list of some of the key research findings on explicit systematic phonics instruction:

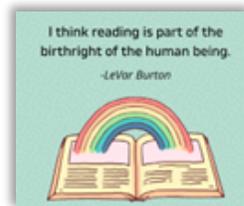
- improves kindergarten and first-grade children's word recognition and spelling
- results in better growth in children's ability to comprehend what they read than non-systematic or no phonics instruction
- is effective for children from various social and economic levels
- is particularly beneficial for children who are having difficulty learning to read and who are at risk for developing future reading problems
- is most effective when introduced early (kindergarten or first grade)
- phonics instruction is not an entire reading program for beginning readers (National Institute for Literacy, 2006)

Read more at [Reading Rockets](#) and also "[Put Reading First: The Research Building Blocks for Teaching Children to Read Kindergarten Through Grade 3.](#)" a publication of The Partnership for Reading.

## Developmental and Literacy Milestones: How Does Your Child Measure Up?

(LDA-IA Board Member)

Speaking from my own experience as a parent with a background in education, I wasn't always certain if my child was meeting developmental or literacy milestones. The CDC (Centers for Disease Control) provides a FREE Milestone Chart and even a Milestone App! Learn more about expected developmental milestones at various ages from birth to age five, as well as things to discuss with your physician and what you can do at home to help your child develop. Click on [this link](#) to learn more.



What about literacy milestones? How do I know if my child is on track to become a reader? Below are some of my favorite articles on Literacy Milestones from Reading Rockets:

- [Literacy Milestones: Birth to Age 3](#)
- [Literacy Milestones: Ages 3-4](#)
- [Literacy Milestones: Age 5](#)
- [Literacy Milestones: Age 6](#)

At LDA-IA, we hear from parents who suspect their child might have a learning disability but have questions about their next steps. LDA is here to help. See our contact information in this newsletter and reach out to us with your questions. As a parent, do you have experiences to share that might be helpful to other parents? Let us hear from you! Consider joining us and becoming a member of LDA today! **Join Today!**

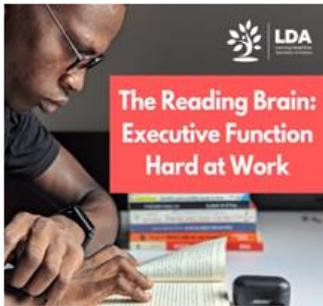
### How to Work on Your Child's IEP Goals Over the Summer

- Breaking goals down into smaller skills makes them easier to work on.
- Ask the IEP team to suggest activities that support your child's goals.
- Find fun ways to work on skills, like going to museums or cooking together.

Click [HERE](#) to read the entire article from Understood.

### Here are More Great Summer Resources / Ideas from Understood

- [12 Summer Learning Apps and Games for Grade-Schoolers](#)
- [6 Summer Learning Apps and Games for Tweens and Teens](#)
- [9 Fun Summer Books for Reluctant Readers in Grades 3-5](#)
- [7 Fun Summer Books for Reluctant Readers in Grades 6-8](#)
- [7 Fun Summer Books for Reluctant Readers in Grades 9-12](#)
- [Download FREE Summer Reading Logs and Planners](#)



Executive function plays a huge role in reading. Learn more about the steps of reading, and how executive function plays a part at:

[The Reading Brain: Executive Function Hard at Work](#)



LDA does not support the use of an RTI process as the sole evaluative process for the identification of LD.

We support the premise of RTI as an early intervention process initiated by general education to ensure that, at the first sign of school problems, students will receive academic supports including early, high-quality, scientific research-based interventions, continuous monitoring of student performance and progress during interventions, and more.

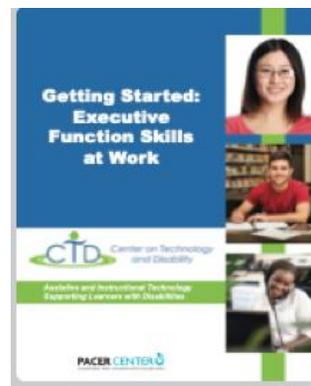
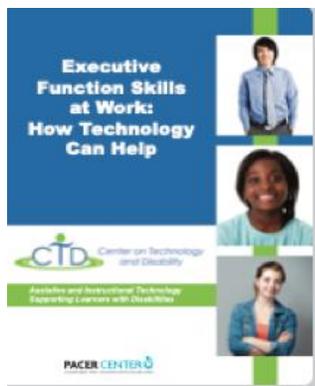
Read our full statement at: <https://buff.ly/3CfOcl6>

## EXECUTIVE FUNCTION: Tools and Tips For Successful Transition to Work or Post-Secondary Education



Executive function and self-regulation skills “are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully. Just as an air traffic control system at a busy airport safely manages the arrivals and departures of many aircraft on multiple runways, the brain needs this skill set to filter distractions, prioritize tasks, set and achieve goals, and control impulses.” (Center on Developing Child, Harvard University)

**Transition Tech Talk:** This short [Transition Tech Talk](#) offers helpful tips and technology to support executive function skills at work. The video discusses skills essential to workplace success including: arriving on time, completing tasks as directed, staying focused, and having an organized workspace. This video is an introduction to the information presented in the two companion articles titled: [Executive Function Skills at Work: How Technology Can Help](#) and [Getting Started: Executive Function Skills at Work](#) (Created by PACER’s Simon Technology Center.)



## TRANSITION IOWA

TRANSITION IOWA is a project created by [ASK Resource Center](#) and its partners. This website provides information and resources that support transition planning for youth with disabilities and their families, and the educators and professionals who support them. The resources encourage high expectations for all students as they transition to adult life. Find useful information about transition planning, assessments and activities, events and contact information. <https://www.transitioniowa.org/>

## LDA Iowa Contact Information

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