

Resource List on Learning Disabilities and Mental Health (LDMH)

General Learning Disabilities (LDs)

Community-based (Toronto)

Learning Disabilities Association of Toronto District
121 Willowdale Avenue, Suite 205
Toronto, Ontario M2N 6A3
t. 416-229-1680
e. admin@ldatd.on.ca
www.ldatd.on.ca

Web-based

LD OnLine
www.ldonline.org

Learning Disabilities Association of America
www.ldanatl.org

Learning Disabilities Association of Canada
<http://educ.queensu.ca/~lda>

Learning Disabilities Association of Ontario
www.ldao.on.ca

National Center for Learning Disabilities
www.nclld.org

Smart Kids with Learning Disabilities: An information site for parents of children with learning disabilities
www.SmartKidswithLD.org

[Special Needs Ontario Window \(SNOW\)](http://snow.idrc.ocad.ca)
<http://snow.idrc.ocad.ca>

The International Dyslexia Association Ontario Branch
www.idaontario.com

[The Yale Centre for Dyslexia and Creativity](http://dyslexia.yale.edu)
dyslexia.yale.edu

Books

Bright Kids Who Can't Keep Up: Help Your Child Overcome Slow Processing Speed and Succeed in a Fast-Paced World
Ellen Braaten and Brian Willoughby, 2014

Description: This book provide easy-to-understand information and clear stories and example of how children are impacted by slow processing speed and how to support them.

The Survival Guide for Kids with LD

Gary Fisher & Rhoda Cummings, 2008

Description: This book was written for children (grade 5 and up), to help them understand their learning disabilities.

Thinking About YOU Thinking About ME

Michelle Garcia-Winner, 2007

Description: This book provides an overview of social cognitive deficits and offers strategies to develop perspective taking and communication abilities.

A Mind At A Time: America's Top Learning Expert Shows How Every Child Can Succeed

Mel Levine, 2002

Description: This book shows parents and professionals how to identify individual learning patterns (strengths and weaknesses) in children to capitalize on strengths and avoid frustration and failure associated with weaknesses.

Handbook of Learning Disabilities: Second Edition

H. Lee Swanson, Karen L. Harris & Steve Graham, 2013

Description: A comprehensive volume of academic articles on understanding and remediating learning disabilities. Most relevant for professionals looking for the most current research in the field of LDs.

Overcoming Dyslexia: A New and Complete Science-Based Program for Reading Problems at Any Level

Sally Shaywitz 2003

Description: This book offers up to date information on understanding and treating dyslexia. Suitable for parents/families and professionals.

The ABC's of Learning Disabilities: Second Edition

Bernice Wong, Lorraine Graham, Maureen Hoskyn, Jeanette Berman, 2008

Description: An excellent academic overview of learning disabilities, a review of current research in the field and academic intervention

The Social Dimensions of Learning Disabilities

Bernice Wong & Mavis Donahue, 2002

Description: This textbook brings together current research on the social competence of children with LDs

Videos

Learning Disabilities and Discipline: Richard Lavoie's Guide to Improving Children's Behaviour
Videotape and discussion guide, 1996

Learning Disabilities and Social Skills with Richard Lavoie: Last One Picked... First One Picked On
Videotape and discussion guide, 1994

Understanding Learning Disabilities: How Difficult Can This Be? The F.A.T. City Workshop with Richard Lavoie
Videotape and discussion guide, 1989

Non-Verbal Learning Disabilities (NLD)

Web-based

NLDline!: Dedicated to improving awareness among professionals and parents about Nonverbal Learning Disabilities
www.nldline.com

NLD (Non Verbal Learning Disabilities) Networking Group of Ontario
www.nldontario.org

NLD (Non Verbal Learning Disabilities) on the Web!
www.nldontheweb.org

Books

Raising NLD Superstars: What Families with Nonverbal Learning Disabilities Need to Know about Nurturing Confident, Competent Kids

Marcia Brown Rubinstien

Description: Written by a parent of a child with NLD, this book offers parents practical strategies for how to support children with NLD in their emotional and cognitive development in the family system and wider social settings.

Understanding Nonverbal Learning Disabilities: A Common Sense Guide for Parents and Professionals

Maggie Mamen, 2007

Description: A clear and comprehensive introduction to NLD, its subtypes, and relevant strategies for understanding and addressing a variety of issues associated with NLD. This book is suitable for parents/families and professionals.

Syndrome of Nonverbal Learning Disabilities: Neurodevelopmental Manifestations

Byron Rourke, 1995

Description: A book intended for neurologists and other professionals in the field that gives an overview of NLD and the neurological underpinnings of this diagnosis.

Helping a Child With Nonverbal Learning Disorder or Asperger's Syndrome

Kathryn Stewart, 2007

Description: Practical information for those working and/or living with children who have symptoms of Nonverbal Learning Disabilities or Asperger's Syndrome.

ADHD and Executive Functioning

Web-based

ADHD Resource Centre—Sick Kids Hospital
www.aboutkidshealth.ca/en/resourcecentres/adhd

Attention Research Update, a web-site administered by David Rabiner, Ph.D Senior research Scientist, Duke University
www.helpforadd.com

Children and Adults with ADHD (CHADD)
www.chadd.org/

Executive Functioning 101 E-book: National Centre for Learning Disabilities
www.ncl.org/images/content/files/executive-function-101-ebook.pdf

Books

ADHD and the Nature of Self Control

Russell Barkley, 2005

Description: This book combines clinical practice, theory and neuropsychological research to provide current information on ADHD, executive functioning and the cognitive and social implications for those living with ADHD.

Executive Functions: What They Are, How They Work, and Why They Evolved

Russell Barkley, 2013

Description: This book provides Dr. Barkley's latest research on executive functioning (EF) and the impact on daily life for those with EF deficits. Implications for clinical assessment and treatment are discussed.

A New Understanding of ADHD and Executive Functions in Children and Adults: Executive Functioning Impairments

Tom Brown, 2013

Description: This book looks at ADHD through the framework of a developmental disorder of the brain's executive functioning system and uses plain language to describe the most recent scientific research in the field.

Late, Lost, and Unprepared: A Parent's Guide to Helping Children with Executive Functioning

Joyce Cooper-Kahn & Laurie Dietzel, 2008

Description: This book offers parents of teens practical strategies to help promote the development of executive skills.

Executive Skills in Children and Adolescents: A Practical Guide to Assessment and Intervention

Pat Dawson & Richard Guare, 2010

Description: This book is intended for school-based professionals such as educators and counsellors to inform assessment and treatment of executive skills deficits in students.

Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential

Pat Dawson & Richard Guare, 2009

Description: This book provides a very practical understanding of executive functioning in children for parents and professionals including detailed steps to build specific skills and daily routines at home and school.

Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential

Pat Dawson & Richard Guare, 2013

Description: Same as the original Smart but Scattered with a focus on teens.

Executive Function & Child Development

Marcie Yeager & Daniel Yeager, 2013

Description: This book provides up-to-date information on Executive Functioning in a user-friendly manner that's suitable for parents.

Social, Emotional, and Behavioural Well-being

Web-based

About Kids Health: Trusted Answers from the Hospital for Sick Children

www.aboutkidshealth.ca

Canadian Mental Health Association

www.cmha.ca

Centre of Excellence for Child and Youth Mental Health: Resources for Service Providers

<http://www.excellenceforchildandyouth.ca/resource-hub>

Children's Mental Health Ontario

www.kidsmentalhealth.ca

Kids Help Phone

www.kidshelpphone.ca

Lives in the Balance: Changing the Conversation About and With Behaviorally Challenging Kids

Dr. Ross Greene's website on the Collaborative Problem Solving model

www.livesinthebalance.org

Teen Mental Health – Dr. Stan Kutcher's website

teenmentalhealth.org

The ABC's of Mental Health (Hincks Dellcrest Centre)

<http://www.hincksdellcrest.org/ABC/Welcome>

Books

Screen-Smart Parenting: How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices

Jodi Gold, MD, 2015

Description: This book incorporates scientific knowledge and research with everyday practical advice to help children develop healthy relationships with technology.

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children

Ross Greene, 1998

Description: Offers parents and professionals a framework to view and address challenging behaviours in children/adolescents at home and school. He gives a very practical overview of how to use his Collaborative Problem Solving model with difficult children.

Keys To Parenting Your Anxious Child

Katarina Manassis, 1996.

Description: This book is written to assist parents who are raising anxious children.

Last updated: August 2015

Helping Your Anxious Child: A Step-by-Step Guide for Parents

Ronald M. Rapee, Ann Wignall, Susan H. Spence, Vanessa Cobham & Heidi Lyneman, 2008

Description: This book is written for parents whose children are experiencing anxiety. It offers current research and practical strategies for managing child anxiety.

Autism-specific

Asperger Society of Ontario

www.aspergers.ca

O.A.S.I.S.: Online Asperger Syndrome Information and Support

<http://udel.edu/bkirby/asperger>

School-Based Information

Web-based

Alberta Education: Diverse Learning Needs

education.alberta.ca/admin/supportingstudent/diverselearning

CanLearn Society: Take Ten Spotlight Series: Strategies & Tools for Teaching Students with Learning Disabilities/ADHD

canlearnsociety.ca/resources/take-ten-series

Child and Youth Mental Health Information Network: Making a Difference

<http://cymhin.offordcentre.com>

Council For Exceptional Children (C.E.C.)

www.cec.sped.org

Council for Exceptional Children Ontario

www.provincial~cec.on.ca

LD@School: Learning Disabilities Association of Ontario

<http://ldatschool.ca/>

Ontario Ministry of Education, Special Education Web Site

www.edu.gov.on.ca/eng/general/elemsec/speced/speced.html

Ontario Ministry of Education, Program Policy Memorandum Number 8: Identification Of and Program Planning for Students with Learning Disabilities

<http://www.edu.gov.on.ca/extra/eng/ppm/ppm8.pdf>

Ontario Teacher's Federation: Teachers' Gateway to Special Education

www.teachspeced.ca

Ottawa Network for Education: Assistive Technology Support

<http://www.onfe-rope.ca/programs/assistive-technology-support>

People for Education

Last updated: August 2015

<http://www.peopleforeducation.ca>

Teach ADHD

<http://www.teachadhd.ca>

The ABC's of Mental Health: Teacher Resource

<http://www.hincksdellcrest.org/ABC/Teacher-Resource/Welcome>

When Something's Wrong: Strategies for Teachers by the Canadian Psychiatric Research Foundation

<http://www.kidsmentalhealth.ca/documents/res-cprf-teachers-2007.pdf>

Books

Lost at School: Why Our Kids with Behavioral Challenges Are Falling Through the Cracks and How We Can Help Them

Ross Greene, 2008

Description: Offers a different way to understand challenging behaviour in children/adolescents in the school system and work with them using the Collaborative Problem Solving approach to help them do better.

Learning Disabilities and Challenging Behaviors: A Guide to Intervention and Classroom Management

Nancy Mather & Sam Goldstein, 2001

Description: This book was co-written by a psychologist and an educator, to assist teachers in understanding and programming for students with learning disabilities.

General Parent Resources

Parent Books

21 Harbord Street,

Toronto, Ontario M5S 1G9

416-537-8334

www.parentbooks.ca