



LEARNING SUPPORT FOR PARENTS

Academic & Social/Emotional Learning

with Lindsay Sealey, B.A., M.A. Ed.

Parents can be inundated with information about their child's learning from report cards and Individualized Learning Programs (IEP's) to psycho-educational assessments, and designations for learning exceptionalities. It is no wonder parents can feel **overwhelmed** and **uncertain** about exactly **what to do** with recommendations and how to provide the support their children need.

Lindsay Sealey, B.A., M.A. Ed. has been actively involved in academic and social/emotional learning support for over 15 years and she is now offering parent support for post-assessment, post-IEP, and post-designation/diagnosis to help parents navigate their child's growth and development. Lindsay aims to move the discussion and ideas around children's learning and growth to practical and realistic, actionable steps. Lindsay's focus is strength based and action focused and in **collaboration** with parents.

Learning Support For Parents Includes:

- **An initial consultation** to learn about your child's development and educational history and to understand your child as a "whole child" in context including: emotional, social, academic, physical, and mental growth
- **The creation of a customized learning support plan** – well-researched, centred on your child's unique strengths and abilities, supporting your primary concerns and challenges while being mindful of your relationship with your child
- **A follow up consultation** to review the action plan and fine-tune ideas and strategies to prepare you to feel empowered and equipped with specific step-by-step guidance
- **Subsequent follow-up sessions**, as often as you need, to discuss how the plan is working, to celebrate successes, and to make any necessary changes

Concerns Requiring Support:

- ADD/ADHD diagnosis
- Executive functioning skills and self-management/self-regulation
- Learning exceptionalities
- Lack of study skills, learning habits, and test taking strategies
- Poor academic performance
- Pressure to succeed and be "perfect"
- Low self-confidence and self-esteem
- Negative self-talk and a negative self-concept
- Poor social skills and struggles with peer connections
- Difficulties with too much screen time and social media boundaries
- Stress and anxiety, as related to learning
- Self-advocacy challenges
- Struggles with motivation and taking responsibility
- Limiting beliefs and "stuck points"

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