



Long May She Wave

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THREE COUSINS

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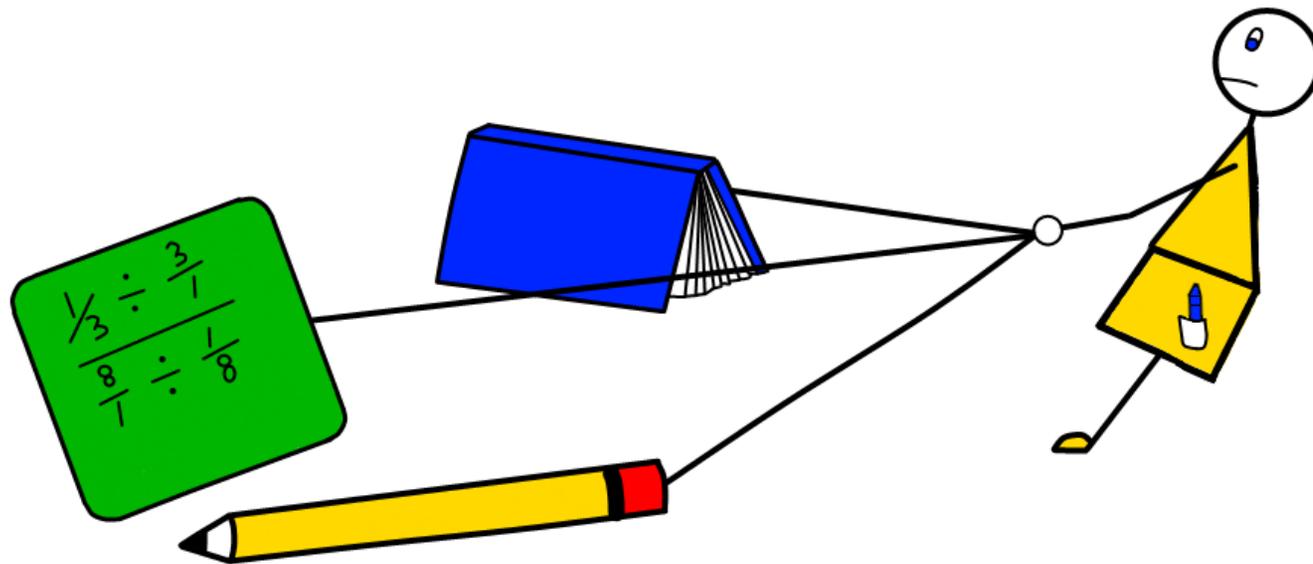
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Lex is usually noticed for struggling with reading, writing or math.

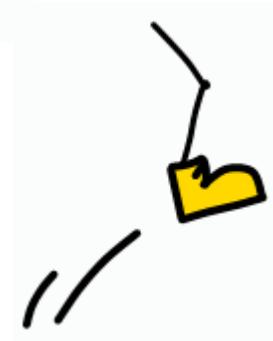
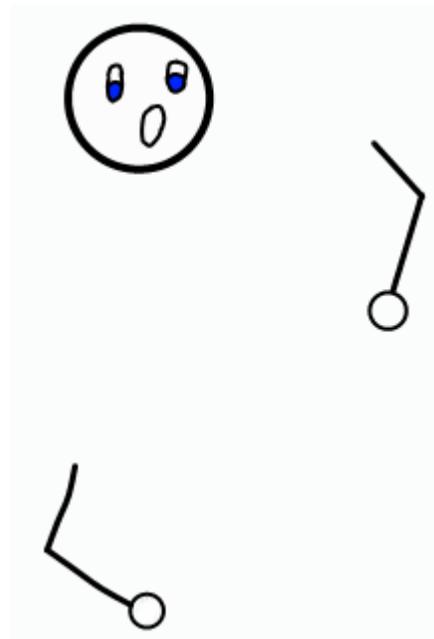
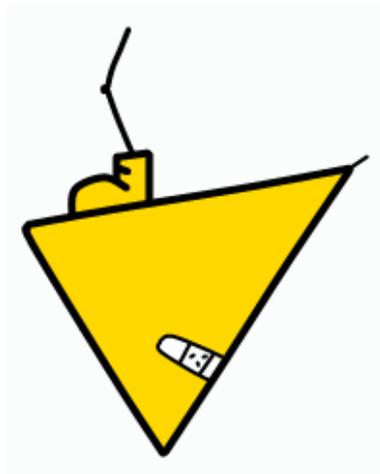


This means he may have amazing talents.

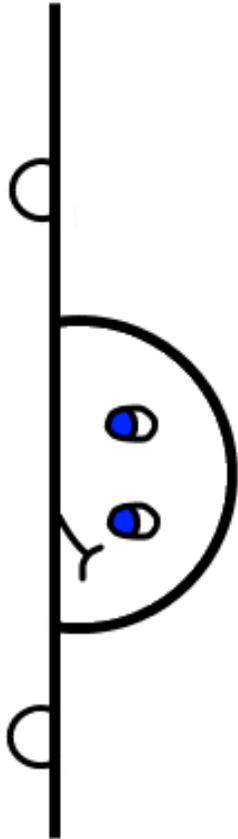
- Can be deep or profound
- Uses non-traditional ideas / solutions
- Uses all senses to think / perceive in intense detail
- Hands on learner / worker (carpentry, mechanics, art, drama)
- True skill mastery (learn it = own it)
- Strong sense of justice
- Creative / inventive
- Ambidextrous
- High intelligence
- Fast reactions
- Create / alter personal perception
(intense imagining- so real it nearly is real)
- Thinks in pictures / movie clips
- Highly aware of environment
- Extremely curious
- Highly intuitive / insightful
- Goes from problem to solution in one leap
- Sees patterns and connections

Every case of dyslexia is different.
Some people may experience additional issues and talents, some less.

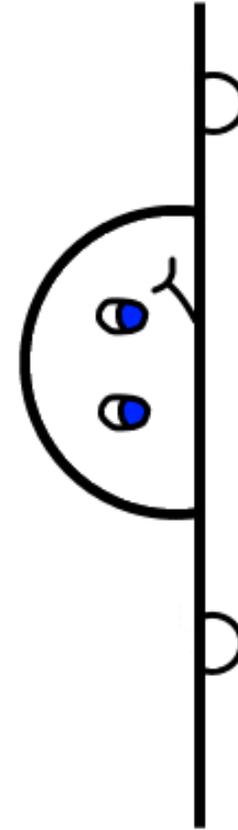
Praxie doesn't always feel connected to her own body.



Fortunately, Praxie can have some pretty great skills.



Empathy
Creativity
Intelligence
Determination
Sense of humor
Extremely hard working
Internal motivation



Every case of dyspraxia is different.
Some people may experience additional issues and talents, some less.

Addie usually gets people's attention fairly quickly.



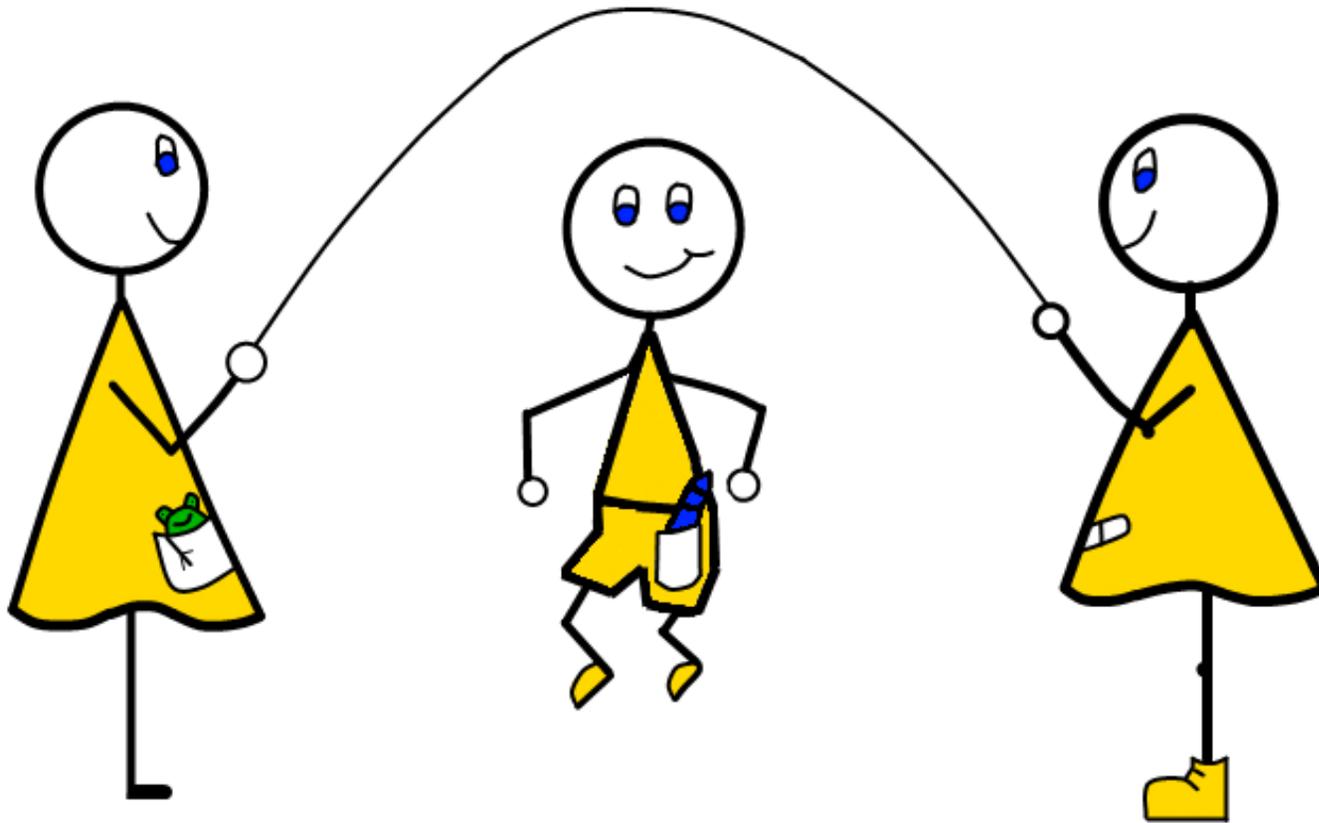
Like Lex, Addie struggles with some things.

- Fidgets / constant motion
 - Playing quietly
 - Coordination
 - Talking too fast
 - Mind goes-goes-goes
 - Always looks for 'something new'
- Anxiety
 - Low self-esteem
 - Moodiness
 - Frustration
 - Showing empathy
 - Sleep problems
 - Hypersensitive to touch
 - Defiant
 - Acting out
 - Avoiding tasks / finishing tasks
- Focusing
 - Short attention span
 - Skips steps
 - Organization
 - Misplacing things
 - Time sense
 - Attending to details
 - Drops/flips letters or punctuation
 - Following directions
 - Vision: depth, distance, letter reversals, figure / ground confusion
 - Auditory processing: lag, figure / ground
 - Speaks without thinking
 - Acts without thinking / impulsive
 - Cannot wait / limited patience
 - Interrupting
 - Thinking of consequences

Every case of ADD / ADHD is different.

Some people may experience additional issues and talents, some less.

Lex, Addie, and Praxie are not broken.
They are a part of the wondrous
variety that is life.



Some shared helps:

- **First and foremost: BE PATIENT**
- You cannot 'fix' them
- Genuinely value and encourage strengths
- Empower by giving 'tools', not criticism
- Seek out sincere opportunities to compliment
- Use hands-on, engaging lessons that make learning an adventure
- Keep lessons / room / activity well organized
- Teach topics from several mental angles
- Dim the lights and/or provide several lighting choices
- Relate lessons to something tangible or previously experienced
- Gain student's attention before giving instructions
- Provide opportunities, and guidance, for self-organization
- Provide opportunities, and guidance, on how to be patient
- Walk through the steps of 'If I do this, therefore this will happen'

Everyone is unique, different approaches will work for different people.

Join the club!

We are a minority, swimming amongst a majority, but born with wings to fly.

For an individual to officially join our cousins' club their particular traits must exist in **multiple settings, over several months, in the presence of different people.**

Dyslexia, ADHD and Dyspraxia are egalitarian and nondiscriminatory:
they can be found in any person of any age, gender, or ethnicity.

Everyone does some of these things sometimes. We are all clumsy now and then.
We all forget things. We misspell the words with slippery origins.
We all get bored during that three hour class on Advanced Economics for the
Dedicated Bean Counter. That's just 'normal'.

Lex, Addie and Praxie are what they are across the board- or at least most of the
time. Interestingly, girls often lack the fidgety, hyperactive element.
Like a ship running silent, they slip right under the radar.

There will be 'good' days and 'bad' days. Or, if you prefer, 'strong' days and 'normal'
days. This makes it easy to think our cousins are shamming, but watch the long term
patterns or ask a specialist (such as a neurologist) to make a determination.

Our cousins may, or may not, be able to tell you anything is happening.
They may simply lose their place while reading, say a number incorrectly, or fidget.
Some people can tell you fairly clearly what's happening.

For the comfort of those not among the ranks of our cousins,
this list is written in alphabetical order.

Anxiety: Something is wrong, and you probably did it. You don't know what it is, but any day now it will catch you by the collar and kick you in the backside. You're sure of it. Sort of. You might be wrong, but maybe not. Overall, the world feels wrong and might never feel right again.

Appears not to listen: This is an interesting one. Any of our cousins might be so engaged in what they are doing that your voice sounds like it's a million miles, and a thousand years, away. It might be they did hear you, but responding takes a long time (see *PROCESSING*). It could be they really, truly did not hear you. I asked a college student with ADHD what was the one thing he wanted his teachers to understand. Sounding frustrated, he said, "That I am not really listening." Make sure you have our cousins' attention before you assume they are not listening—and before giving directions.

Organization: Oh, crumb. Their locker is stuffed to the gunwales. Their closet is westwardly expanding. Their day planner is. . . wait, what planner? Homework is chronically listed as *MIA*. Forgotten sandwiches of yesteryear creep out from under the passenger seat. Bills skulk under the couch, lurk in the backs of drawers, or slink into unknown corners until three weeks past their due date. Car keys float between six different bolt holes, never leaving a forwarding address. The cure? Get obsessive about organizing. Whatever your method, use it. Don't wait for the shoe of life to drop on your head while you are busy tripping over the one that already fell.



Natalie has an A.A. in Art, a B.A. in Studio Art, and a M. Ed.. She has worked in the general field of education for approximately 15 years, much of this time in special education. In partnership with her mother, she has recently opened a publishing company. Someday she hopes to open a private school for visual-kinesthetic children.

She is also a student, teacher, writer and artist. Growing up visual-spatial with dyslexic tendencies did present some unique challenges. It also gave her some great talents that have become an integral part of who she is.

"Everybody is a genius.

But if you judge a fish by its ability to climb a tree,
it will live its whole life believing that it is stupid." Albert Einstein