

# Let's Talk Learning Disabilities

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## EPISODE 12

Welcome to Let's Talk Learning Disabilities with Laurie Peterson and Abbey Weinstein. Laurie & Abbey spend their days talking about dyslexia, dysgraphia, dyscalculia, and ADHD. They talk to parents of struggling students and adults who have had a lifetime of academic challenges. They want to share those stories, along with their own insights with you. So, *let's talk learning disabilities*.

Laurie: Hey everybody. Welcome back to let's talk, learning disabilities. This is Laurie

Abbey: And I'm Abby.

Laurie: Welcome back today. We are very excited. We have a very special guest today. Christie Potter, she is a nurse practitioner with natural choice pediatrics in Frisco, Texas, and she has got some amazing and interesting stuff to share with us today about, um, what she does and how it can help students with learning differences. Especially, we're gonna talk a lot about ADHD today, but Christie welcome.

Christie: Thank you. Thanks for having me. Thanks.

Laurie: Thanks for being here. Okay. So just give us like the very, um, what's dumbed down explanation of what you do. Like, just give us two as bare bones. Like if you met a stranger on the street, how would you tell them what you do?

Christie: Sure. Yeah. Um, so I run an integrative holistic pediatric practice in Frisco. Texas was just North of the Dallas area. Um, Where I like to describe it as an integrated practice where we marry the two worlds of pediatric and traditional together. So it allows us to kind of have a lot more in our toolbox to be able to treat children and not just traditional medicine approaches or traditional approaches, but we have a lot of other approaches, like we can incorporate specific supplements or homeopathics or essential

oils, et cetera, whatever the parents and patients are comfortable with. So that's. Kind of in a nutshell, what I do.

Laurie: Okay, so how did you get it? Like what, what led you down that path?

Christie: Yeah, so I, uh, started out in the world of traditional pediatrics and along the way, I kind of discovered a practitioner. Actually. I did some travel, um, work in California and came across Dr. Lauren Fedder in the LA area. And she is a homeopathic MD. Um, she has since passed unfortunately, but she was a wonderful physician and did some homeopathy and she really needed somebody in her practice to do wellness care for her patients. And, you know, pediatrics obviously being my specialty. I was like, I'll do that. I love it. I got to get my kid fixed somewhere. You know, I couldn't find a job in pediatrics in LA, so I really was wanting to do anything. So I was like, I don't know anything about homeopathy. I don't even know what you're talking about, but I am going to dive in and get the little baby fix and kid fix. So I did that and it just opened my eyes to other alternative approaches. I saw the patients that would come to the practice and they were just so much healthier. Um, the outcomes were better. I mean, they were just, so they were never sick, you know, hardly sick at all. So it was awesome. So I kind of, you know, was curious. So I just started reading. I started researching, I would talk to Dr. Fedder, um, and just learn more. So then fast forward, I miss Texas and I wanted to move back. So I moved back to Texas and I found a practitioner that a pediatrician locally that actually practiced more integrative medicine. So I secured a job there and just hit the ground running and started learning and started going to conferences and certifications, et cetera. And that's how it all began. And I never looked back, started integrative from then on.

Abbey: So when you say integrative, what exactly do you mean by integrative health care?

Christie: So it is where we, the two worlds of traditional and natural medicine or healthcare, and we marry them together. So we can provide not only prescription medications or prescriptions, traditional medicine, but we.

Also can have other things in the toolbox. So if parents want supplements or they don't want medicine for certain things, um, they want to do other natural approaches or, you know, we might incorporate things like omega-3 fish oils to help with certain things, um, or some homeopathics or essential oils, you know, depending on what the parents are comfortable with.

Abbey: Okay. That makes sense.

Laurie: So do you have. Like one specific or not one specific, but a common theme amongst your clients. Like as they come to seek you out, do you kind of hear the same things over and over from the parents?

Christie: Yes, we do actually. So I think parents seek us out because we, um, are knowledgeable and experienced in alternative approaches and is very evidence-based, which I love. Um, you know, versus some people just don't aren't familiar with what is holistic. Or what is, you know, natural. So we provide some education. We're very knowledgeable about it. And also I think parents really want somebody who's going to listen and hear, you know, I've been telling people there's something going on with my child. I really want someone to hear me. I want someone to listen. And we're, open-minded about that.

Laurie: So why do you think though, because I agree with you and I feel like, you know, the, the doctors that do follow more of a holistic more natural approach tend to be better listeners, is it because you're listening for things like kind of reading between the lines. Why does this practice or this method lend itself to building better relationships?

Christie: I think it's because when you're in the world of integrative practice, I think you are looking at the root cause you're trying to figure out why is this child having something going on instead of just offering a bandaid fix. For example, eczema is an itchy skin condition that a lot of kids have or people have. And, um, you can. Often just put some steroids on it and, you know, go on your Merry way. Well, as a lot of people have experienced themselves or with their own children, it's just a bandaid fix it, fixes it for a week or two, but it always comes back. So I think in the integrative approach, we look at the root cause why is this happening? Is your child

having a food allergy? Like, are we allergic to eggs? And we didn't know it or. The new puppy you just got for Christmas, and now we have puppy, you know, dog allergies. So those kinds of things, I think that's maybe why we listen. It's our passion. We really care about kids. You know, zero to adolescents is kind of our specialty and all ages. And so we really want to delve a little bit deeper and find out why what's going on.

Abbey: I like that you really get to the root cause of the, the underlying issue. And cause we strive to do that when we're assessing students, we don't want to just discover there's a weakness or just discover there's a learning disability. We like to figure out, well, why, why are they struggling? Or why is their processing speed slow? Why are they struggling with comprehension? Not just that they are struggling with comprehension. So I love that approach.

Laurie: I feel like we say the same exact thing. Like we want to get to the root. It's interesting. They parallel themselves. Is there a common, um, Uh, ailment or issue that that brings people to you? I mean, I know people come because they just want the all natural, but is there something that usually like tips the scale for them? Like, okay, we're done. We're coming to see you.

Christie: Sure. Um, the common things we see would be, um, eczema allergies, like gut, you know, GI tummy issues. We do have, um, quite a few patients that seek us out for anxiety, ADHD, and kind of some natural approaches there. Even just, um, holistic, just wellness and illness prevention, um, you know, pretty much any pediatric issues. We are a full fledged pediatric practice so we can handle any and all of those things.

Laurie: Is there one common, you know, concern or ailment that when parents come to you, it's, it's the one thing that kind of tips the scale that they're like, okay, we're done with our doctor. We need something different.

Christie: Yes. Um, I think I get that a lot. Actually, people seek us out for all kinds of things like that. They've been to the dermatologist, they've been to the allergist. They really want somebody to help them really fix or treat effectively their eczema, their allergies, their gut issues, um, or maybe a natural approach to anxiety, ADHD. Um, but a lot of even just wellness, um, prevention and just keeping their kids well, especially. With the recent

pandemic and other things, they just really want to know what can I do to keep my child healthy and well?

Laurie: So if someone comes to you and their child and you realize, Oh, they've got a sinus infection, do you skip the antibiotic? And, or do you, do you start with something else and then go to the antibiotic? Or, I mean, are those kids who you're just like, yeah, you're probably just gonna need an antibiotic.

Christie: Yeah, great question. I think it depends on the situation. Sometimes we definitely need to go with the antibiotic and I love that we have that ability to do that. We can prescribe medication if we need to, but sometimes it's not as severe. Or if the parents really have a preference, they want to hold off and maybe use the antibiotic as a last resort. We have a lot of things we can do in the meantime, that can help alleviate symptoms and, or treat the situation without having to jump to an antibiotic every single time. So I love that as an option.

Laurie: That is very cool.

Abbey: Yeah, that's nice because there are a lot of people out there that choose natural methods of healing and treating, and that they don't want to take prescription medications, especially antibiotics because of some of the negative effects of the antibiotics. So you mentioned that you do see, um, Individuals with ADHD and anxiety. So what might be an example of treating ADHD without prescribing meds? Occasionally without stimulant medication?

Christie: Sure. Um, so you always could look at other things like, uh, I mentioned omega-3 fish oils a lot of times. Uh, boys especially need a higher, you know, higher omega-threes and girls, you know, it's just good brain food helps with focus and attention and concentration. Um, so sometimes even simply incorporating a little bit more of that can be helpful. Um, you know, probiotics can be helpful. There are some essential oils for focus and attention. There are some homeopathics, but oftentimes we'll incorporate, uh, specific supplements. We do a customized approach. Um, with specific actual supplements that are evidence-based and research-based that work wonders for our kiddos and, um, just trying to help them with concentration at school and we can kind of get them on the specific doses for what they need.

Laurie: Is that where, so I know you and I had previously talked about the GX sciences, is that kind of what you use to help. Can you tell us a little bit about that?

Christie: Yes. That is one tool we use. It is a cheek swab, which the kids love because we don't have to draw blood. I love the needles. Yes. Uh, it's a cheek swab. Um, currently we're using GX sciences is a company, um, that we have, and it gives us an amazing look at not only how the child, their genetic makeup, you know, what are specific genes that we're looking at, neurotransmitters, their detox pathways, things like that, but it also gives us a customized approach to how we can treat that child. What are specific supplements that they test well for based on their genes or their genetic makeup, uh, what are laboratory recommendations that we might want to, um, you know, dive into a little bit further and investigate what are some lifestyle recommendations there? Some great things, especially for our ADHD patients that there's a genetic marker for sugar, processed sugar and hyperactivity. So it tells us that right there on the page. And a lot of times when I get to that section, the parents are already shaking their head, like, Oh my goodness, that is my child. And I have a little one that is a double copy of that mutation. And I see it with her. Anytime I give her processed sugars. Oh, my watch out. Cause she is hyper crazy and I love her too early, but we try to avoid the sugar sometimes for her. So it's a great, um, tool that we have in our office and it's, it's easily done. And I think the parents really love that because there's so much information and they're just like, wow, this is great. Where can I get this for me? You know, I want to do this. It is really cool.

Laurie: Do you have other, I know that's a, that's amazing tool and um, we're going to be talking about that later. Off the air is about my son and I definitely want to do that for him. But are there other tools that you use to help pull together that individualized? Like what other diagnostic tools do you use?

Christie: Yes. Um, sometimes we do some blood work or sometimes we'll even look at. Um, maybe some stool testing, you know, we get a little poop sample and look at the gut. There's a huge gut brain connection. Um, and looking at the gut and microbiome and just again, dialing down to what is the root cause?

Why is this happening? Why is your child having some issues there? Do we have some other things going on? So we definitely have kind of a holistic approach to that as well. And we do some questionnaires and ask a lot of questions and kind of figure out what are the goals for this child in this family?

Laurie: What about anxiety? So the official wheels for anxiety. I mean for ADHD. Is there something that's, that's a common supplement that will help with anxiety and or depression?

Christie: Yes. There are a lot of things, um, available for that as well. Um, And a lot of our genetic testing, uh, lends itself to giving us information on that as well. So, which is awesome. We have specific supplements, um, from neuro biologics is a great company that GX sciences, uh, you know, recommends a lot. So there's some specific supplements there we might, um, utilize. Uh, myo inositol or inositol is a common one that a lot of families like to use for anxiety. It's like a, it comes in a powder or you can get it in capsules and it's a calming, um, agent. So it can really be helpful there. Or there are some really great, um, homeopathics that are super duper safe that you can give and recommend, you know, for specific situations, stagefright or testing, right before testing gelsemium is a really great homeopathic. Um, that, you know, you could just take a few five pellets of that before you take your big test or go on stage. And it's awesome. Things like that. So just some things that can be real specific, uh, for our patients.

Abbey: That's awesome. Great. I love that there's so many natural alternatives and I know that there are essential oils that are calming and that helped with anxiety as well, or those anxious symptoms. So maybe a combination of the few can help. Of the different things you mentioned can help our clients that are struggling with anxiety, especially testing anxiety. We see a lot of that.

Laurie: So, so I ask a question from somebody who doesn't know anything about essential oils. I know that Abby, I know that you love them, and I know you swear by them. I am completely, I know nothing. So. Do you digest them? Do you smell that? Like, do you put them on your skin, like, or all the day about, tell me a little bit about how you use essential oils.

Christie: Sure. Excellent question. Um, so in kids, in pediatrics, we. As a general rule of thumb, don't recommend ingesting essential oils, but you can

diffuse them in a diffuser. You can put some in with some diffused, so inhaling, um, or you can use them topically, um, depending on the oil in a safe way, you can put some, you know, on the bottom of the feet or oftentimes they come in a roller and you can kind of roll it on like the back of the neck or the wrist. And, um, just can help with some different things, anxiety or focus attention again, I always ask the parents, you know, what are you comfortable with? Like you, it's common to not know, you know, I've just, haven't been experienced. I'm open to learning about it, but I have no idea. So we just kind of asked the parents, what are you comfortable with? Let's start with that. What happens or do you have a follow-up process?

Laurie: So when you give these parents these options and you're going to try these, uh, supplements or, or essential oils, then do you have a way of following up with them to know. What worked.

Christie: Absolutely. So, well, we do some testing. We spend the visit with them kind of, you know, investigating, asking questions. Then we recommend, we kind of do test interpretation and, you know, give recommendations based on what. Uh, they think would work best what we think would work best for their family. And then we do a follow-up we say, Hey, come back in either two weeks or a month, or kind of just depends sometimes it's three months and see how are things going? Do we need to tweak some things we're not huge on just pushing supplements to push supplements or medication, just to get medication. We want to give a targeted, very effective approach. And I kinda like to be minimalistic if I don't have to do a bunch of things, you know, how many kids are going to take. Six things, you know, 10 things every day, right? We want to give the best bang for our buck in one or two things if we can. Um, so a lot of times we'll do that. And I didn't mention earlier about, um, CBD oil. That's a big thing we can talk about. If you guys are interested. So CBD oil is a hot topic. A lot of parents really love that for not only for HD, you know, the focus and attention, but also anxiety sleep. If you're not getting good sleep, you're not going to be performing well. Cool. So that's a big thing. That's hugely researched, um, started out in, uh, children with seizure disorders, but now they're finding a lot of benefit to CBD oil. Um, in, in kids and I use it probably, you know, four and up, I'll recommend it. If parents are comfortable, we have some great organic CBD oil options.

Laurie: I was going to ask you about that because I I've done some research on CBD oil. Uh, I scratched the surface and what I have found is, is that it's sold everywhere. How do you know if, if you're interested in pursuing that route, how do you know you're getting the good stuff like this? You know, because if it's, if everybody's selling it, obviously not. A lot of them are ineffective. How do you know you're getting something that you can rely on the effects? Because if I take something that's crap and it doesn't work, I'll be like, Oh, CBD oil didn't work. So how do I know that I'm getting like, how do you know. I guess you don't get the question because it was like some sort of review.

Christie: That's why I really say it's important to, you know, work with your. Doctor integrative provider or holistic practitioner. You want to make sure what you are getting, you don't want to just get it at every corner store, not to, you know, just the corner, you know, all, anything on the corner, but you don't, so it's not regulated. Right. You know that in those, um, arenas. So that's why we order ours that, you know, I say that's evidence-based it's research-based we order it from a nutraceutical company it's certified organic. Same thing with essential oils, pure, right? Anything like that. You want to make sure you're getting the best available out there. So we do the research on our side to choose and pick the best one. So a lot of parents don't necessarily have to.

Laurie: Can you build up a tolerance to any of that stuff? Like if I'm using it regularly, for whatever issue I might be having, is there a point that my body's going to stop reacting to the, even the natural things?

Christie: Um, not necessarily like with CBD oil or essential oils and things like that, but our bodies are always constantly changing. Right. So we may need to, um, You know, adjust the treatment protocol or make some changes or increase the dose, or maybe try a few other things and kind of rotate through the supplements. Right? Anything like that can be helpful. So that's why it's important to kind of work with your practitioner who can help you, um, find the right plan for you.

Laurie: So for the cheek swab, That is your DNA though, that doesn't change. Right? Like I did that now and I do it again in 10 years, I'm going to get basically the same results.

Christie: Correct? You should. Okay. It just, I was thinking about when I did, cause I did the food intolerance thing and I was told that if I came back and did it again later, the blood work. It might look different based on what I've eaten, but it's not my DNA.

Abbey: I am curious, you mentioned that you do treat, um, students or children with ADHD and with anxiety difficulties, have you seen an increase in these disabilities over the last, these complaints over the last 8 to 10 years?

Christie: Unfortunately. Yes, I have. I have definitely seen an increase. I think there are so many factors that are playing a role here, but absolutely I'm seeing more than I ever have in 16 plus years practicing.

Abbey: Because we see it a lot. When we're evaluating students, we're seeing a lot of ADHD and a whole lot of anxiety.

Laurie: But I also think too, we're diagnosing it more. I mean, it's an accurate diagnosis. So do you, I was going to ask you, do you feel like while you're seeing more people come to you for that, is it often than something else or? Yeah, I really think, I mean, not that you're diagnosing, but I feel like it's not just that's the go-to or do you feel like it's just the go-to for parents? Like, Oh, it must just be ADHD.

Christie: Oh, sure. I do think it's, over-diagnosed definitely, um, especially in younger kids and you can have things that can present and look a certain way. And when you really get into the deep diagnostics, what you guys do, which I absolutely love and support, um, you know, you might find, Oh, it's something else. It's, it's, we're actually having some handwriting issues or dyslexia, and it's not this at all. And you know, of course they're going to be anxious when taking tests if they, you know, have some challenges. So absolutely. I do see that.

Laurie: And then how do you help parents do that process? How do you help them understand, you know, the, how the, um, supplements will work? How long does it take for that kind of stuff to start showing? Because that's what parents want to know. When will we notice a difference? How long does that take?

Christie: Sure. Um, it, I think it varies with each kiddo, but, um, I think just having the information, information and knowledge is power, right? So we have to have the right kind of diagnostics and workup once we know what we're dealing with, we can get you on the right track. Um, and I've had a couple kiddos. Um, I had a little seven year old that started on some CBD oil right before the STAAR testing. I think it was about a week or two before STAAR testing.

Abbey: And that's our state test in case anyone's listening from outside of Texas, our state other States outside. It's our parents' favorite time of year when kids have to go through state tests, the two it's been dreaded STAAR.

Christie: So she started the CBD oil about a week or two before that. And every, um, star testing that she has taken in the years past, she didn't perform very well on some of the reading and the writing, et cetera. So the mom came back to me about a month later and said, Oh my goodness, Christie, you are not going to believe it. She scored the highest that she's ever scored. I saw her self-confidence so much higher. It was awesome just from one little supplement tweak and I loved it. It was so heartwarming just to see I've known this family for about 11 years and to see, um, there are seven year old, really excel was amazing and I loved it.

Laurie: That's so cool. If somebody is not in the, in the metroplex, in the Dallas Fort worth area, and they're looking for. A practitioner that does what you do. What do they need to look for? What are some of those like buzzwords or certifications, qualifications that they need to look for to find someone that does what you do?

Christie: So a lot of people will search for, um, integrative or functional medicine or natural holistic. Those are some buzzwords to kind of look for someone that is especially integrative, a little bit more traditional and

natural, depending on what you're looking for. But those are kind of some typical buzz words to search in your area.

Laurie: Do you find that. Do you have a waitlist or are you able to get new friends in?

Christie: We can.

Laurie: I feel like the demand for this has increased. Substantially over the years, I think as more and more people realize that you do what you do and the benefits and how much better it is for your body.

Christie: Absolutely. I see that. That is huge. What I've been seeing is I think it's just a growing, a growing demand. They, they want that parents kind of. They don't want to do medicine all the time. They don't want to have to pump their child full of things that have possible side effects. So it's really cool. I love what we do. I love to be able to have that if we need it, but have some other, you know, approaches and they love it too. And it's been just an awesome journey. Um, I don't know, it's just, it's neat. That's what I do with my own daughter and my own life and family and friends. So, um, I love it. It's really cool.

Abbey: It does seem like it has become more mainstream to use natural alternatives and natural options for treating different conditions. Whereas. When I first started using essential oils, say 12 years ago, people would say, Oh, those snake oils, or that doesn't really work that stuff. And now it's so common. You see essential oils everywhere. Now, again, they're not always the pure therapeutic grade quality. However, you see essential oils everywhere from the grocery store to CVS to, you know, health food stores online, you see CBD oils everywhere, you see natural supplements. So it is cool that, um, there are practitioners that can actually use it and steer you in the right direction to address all your underlying issues. And, and again, the root cause of your, your symptoms and issues. I love that.

Laurie: How has COVID affected your practice and how has it affected. Clients. And, and have you been able to help kind of ease some of that anxiety over COVID with some of the natural stuff?

Christie: Yes, COVID has definitely affected our practice, you know, especially in the beginning. And I think it's changed, you know, people were more fearful and the very beginning of the unknown, and I think now people are more comfortable and they're, you know, more educated again, I think just knowing more, having more knowledge and education, and we try to provide that as well. We try to, you know, be communicative with our families and give them things that they can do. And so I think that's been a big thing for our practice is just you know, guiding the parents. These are things you can do for prevention. These are things you can do for treatment, if you or your children, you know, get COVID. And we have been extremely successful. We haven't had any patients hospitalized. I've had a little five day old, uh, that's it. You know, mom had it and gave it to the baby, you know, all the way up to, you know, 18 year olds. But just a matter of just keeping healthy, doing immune support, you know, um, just kind of doing the right things to keep your body healthy. I think. It's been huge for our families.

Laurie: Great. I love what you do. And I feel like this was so important to share with our listeners, because so much of what we see has an under, even an underlying thing. An underlying issue that we don't even know about. And so to know that you guys can take what we've done and say, okay, they're seeing these maybe they're symptoms of something else. And I love that. And then we do have a ton of parents that we see that are not interested in medicating their child, and they want to know what the alternatives are. And outside of Google, you know, I certainly, I don't know all the options, but to know that we can send them to someone like you, that you can help walk them through that and really educate them to me. That's huge. Right? The education piece is huge. It takes the time. To explain it and help them understand what they'll see in the benefits that is.

Christie: Yeah, you really don't. You want to feel like you're not alone out there and trying to figure these things out by yourself. You know, I just have Google or I have a couple books and there's a lot of resources, but I think parents really love the fact that at our practice, our providers. Are, you know, we do the research. We are evidence-based. We get the training when we can, we have all the resources and, um, you know, things to back it up, which I love instead of having, just to guess, you know, what should I do here or

there? So I love that. And we're always learning, right? We're always going to conferences and always learning.

Abbey: So, so I'm curious, does insurance cover natural medicine or homeopathic integrative medicine?

Christie: We get this question a lot? Um, we do accept insurance in our practice. We take all the big major insurance carriers. I think it just depends in adult, in the adult world. It's rather difficult, um, to take insurance. I mean, adults, we're so complicated and we have so many issues, right. By the time we get into adulthood. So I think if we can start young with kids and prevent that from happening in the future, it's a little easier, but. Um, but yes, in our, in our model, we are able our practice model. We're able to accept insurance as well or cash pay practice. We have a lot of families that don't want to have insurance and don't want to pay for insurance. Can't afford insurance. They'd rather pay cash and we can do that. And also tele-health all across Texas. Uh, we can offer that as well. So if we need to reach some families outside of the Dallas Fort worth area, Or that live kind of farther out, you know, we can also reach them as well.

Laurie: That's awesome. Great to know. So tell us how people can find you. What's the easiest way for them to find you if they want to get more information?

Christie: So check out our website. It's [www.naturalchoicepediatrics.com](http://www.naturalchoicepediatrics.com). We have a lot of great information there. Uh, you can find us on Instagram [ncpediatrics](#). And also Facebook. Um, we have, we also have a once a month, the first Tuesday of every month, we do a meet and greet. If you're local here in the area and you want to come, uh, it's a free event. You just come at 6:00 PM. Um, we request RSVP because we do fill up, which is a great thing. We're super blessed to have a lot of patients that are interested. Um, but you can check that out on our website and sign up to come, you know, meet the providers, ask some questions. We kind of go over if you're expecting, or if you have older kids transferring into the practice, it's just a great time to get to know a little bit about us and what we do, and then ask questions.

Laurie: That is great. We will put links to all of those in our show notes so people can find those if they didn't get to write them down. Um, thank you for being here. This has been awesome. I feel like I have so much more information now. Where we can send people is, um, absolutely.

Abbey: I just yesterday they had, uh, parents ask me about natural options for eight trading ADHD. And the only thing I knew about was the Omega three fatty acids and fish oil and um, flax seeds. So I liked to know that there's somewhere else, they can get healthy.

Christie: You're on the right track.

Laurie: Thank you. I love it. Thank you guys so much for having me. I love it. Thank you so much. You guys check out the show notes for all the information. If you have any questions, you can always email us at [letstalklearningdisabilities@gmail.com](mailto:letstalklearningdisabilities@gmail.com). Um, Abby. Thanks for doing this with me today.

Abbey: Thanks. It was fun to be here. You guys have a great day, Christy. Thank you. Bye.

Thank you so much for joining us today. In our show notes you can find information about today's talk, as well as links to the resources and other episodes. If you have questions about today's talk, have ideas for future episodes or just want to stay connected, you can contact us through Diagnostic Learning Services on Facebook, Twitter, LinkedIn and Instagram. So, Let's Keep Talking Learning Disabilities. This podcast is sponsored by E Diagnostic Learning. You can find more information at [www.ediagnosticlearning.com](http://www.ediagnosticlearning.com).

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