

### Case Study: Aidan

Aidan is a healthy five year old boy who is developing right on track. Physically his is an energetic and active little boy who loves going to school and being outside. He often plays game with his older sister with his own made up rules, but ignores everything his sister says, and her made up rules. He struggles with writing and constantly messes up his letters, and even writes his "n" backwards and even though his family keeps trying to teach him how to play the piano he refused. All of these are examples that Aidan is developing properly and orderly for a five year old boy. All of Aidan's behavior is more evidence that he is developing on track.

Aidan prefers to be outside and loves to participate in hands on activities, when at the same time he struggles in writing. He is a Naturalistic and Kinesthetic learner. The teacher mentioned he can do many different physical activities easily, has good balance, and might have a talent for gymnastics; these are signs that he's a kinesthetic learner. He loves to be outside, a sign that he's a Naturalistic learning. The writing issues that he experience shows that Aidan is weak in the area of Linguistics, and is not a Linguistics learner. His lack of commitment to the piano is a sign that his is not a Musical learner. These all relate to Gardner's theory of Multiple Intelligence, the idea that everyone learns differently. Aidan learns better when he is in a Naturalistic environment, and is able to do something hands on, where he can move.

Physically Aidan and his parents are doing everything right to help him develop properly. Seeing that he is an active boy means he probably gets a lot of exercise.

Exercise helps increase the flow of oxygen into the brain, which helps it function better.

Aidan might not be getting enough sleep though. His parents say that he goes to bed at 8:00, but he does not go to sleep until 10:00 or 11:00, that is not enough for a five year old boy. He should be getting a minimum of 9 hours of uninterrupted sleep. He says it can't sleep because he's afraid his toys will come to life when the lights go out, so he keeps the lights on, causing him to fall asleep at a really late hour.

In terms of school, Aidan is developing fine. He is in Piaget's Preoperational stage. This means that he thinks about things in terms of himself, form ideas based upon experiences, and makes generalizations based upon his limited experiences. Aidan thinks about things from his point of view and how it affects his life. This is egocentrism and it's normal. Every five year old child thinks egocentrically. An example of Aidan thinking egocentrically is how he plays with his sister. If they play a game it is by his rules and his rules alone, when his sister tries to input her own rules he yells at her. This is a sign of his cognitive development, that it's on track but he still has far to grow and develop.

I believe that Aidan is in Erickson's 3<sup>rd</sup> Stage of Development: Initiative vs. Guilt. This stage is characterized by the following behavior: excitement about going to school, being active and energetic, and being accepting of mistakes. With the fact that Aidan's parents have him practice writing his name every night 15 times, and he doesn't give up an argument worth recording says that he is ok with practicing writing his name. His parents say that he often makes mistakes when writing his name, but he just accepts them and continues to practice. This is an example that is unique to this particular stage.

As people get older they are more critical and unwilling to just accept mistakes and go on. Aidan is a well developing five year old.

Lastly Aidan's Linguistic weakness might be signs of dyslexia. The simple fact that he writes specific letters backwards means that there is a significant Linguistic weakness that could be related to a Language-based Learning Disability. If it is a Learning Disability (LD) then there is nothing to worry about, yes learning to read and write proper will be a little harder for Aidan, but with the proper support he will develop naturally. He will need extra assistance when learning how to read and write, like his parents are currently doing to help him with his writing.

Overall Aidan needs something to help him get more sleep, maybe a bright nightlight, and extra help learning to read and write.