

How can I help my child at home?

When giving directions, get his attention. Speak slowly; ensure his understanding. Give him one direction at a time. Be calm but firm when telling him what to do.

When the child is slow to finish things, ask him questions about the activity. This gets his mind back on what he is supposed to be doing. It's better than lecturing him. Give the child a choice only when you really mean that he can do it either way. Help him to be independent by only giving him help when he needs it.

It may be hard but, establish a routine. Use a system of rewards. Try to remember to tell him when he does something right (he knows when things are going wrong). Use praise or a hug as much as possible. These children endure so much more criticism, impatience, frustration and shame than other children.

Remember, most behavior problems are the result of frustration felt by the child with a learning disability. Behavior problems are the result of the learning disability, not the cause.

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Tips to take back Home

Love and support from parents, friends, and teachers as well as the right medical care are important, too. Ways you can encourage your child-

- **Focus on strengths.** Find your child's strengths and help her learn to use them.
- **Develop social skills.** Try to find clubs, teams, and other activities that stress friendship and fun. These activities should also build confidence. And remember, competition isn't just about winning.
- **Plan for the future.** Remind your child that an LD isn't tied to how smart she is. In fact, many people with LDs are very bright and grow up to be very successful in life. You can help your child plan for adulthood by encouraging her to consider her strengths and interests when making education and career choices. There are special career and vocational programs that help build confidence by teaching decision-making and job skills.



All about Learning Disabilities

Learning disability (LD) is a term used to describe a range of learning problems which have to do with the way the brain gets, uses, stores, and sends out information. Children with LDs may have trouble with one or more of the following skills: reading, writing, listening, speaking, reasoning, and math. They are not caused by visual, hearing, or motor disabilities. Possible causes might be: a parent or relative with the same or similar learning difficulties, low birth weight or premature birth, injury/illness during childhood.

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Dyslexia

Dyslexia is a learning disorder characterized by difficulty reading. Also called specific reading disability. Signs and Symptoms-

Young Children- Recognizing letters, matching letters to sounds and blending sounds into speech, Pronouncing words, Rhyming, Learning and correctly using new words
Learning the alphabet, numbers, and days of the week.

School Aged Children- Rules of spelling; Remembering facts/numbers; Handwriting/gripping a pencil; Following sequence of directions; Trouble with word problems in math; Learning and understanding new skills; instead, relying heavily on memorization; Reading and spelling, such as reversing letters (d, b) or moving letters around (left, right).

Teenagers and Adults- Reading at the expected level, Understanding non-literal language, such as idioms, jokes, or proverbs, Reading aloud, Organizing and managing time, Trouble summarizing a story, Learning a foreign language and Memorizing.

This is what a learning-disabled child often has to contend with when attempting to read a book.

Dyscalculia

Dyscalculia is a specific learning disability in which a person has unusual difficulty solving arithmetic problems and grasping math concepts.

Young Children- Difficulty learning to count, Trouble recognizing printed numbers, Poor memory for numbers, Trouble organizing things in a logical way - putting round objects in one place and square ones in another

School-Aged Children- Trouble learning math facts (addition, subtraction, multiplication, division), Difficulty developing math problem-solving skills, Poor long term memory for math functions, Not familiar with math vocabulary, Difficulty measuring things, Avoiding games that require strategy

Teenagers and Adults- Difficulty estimating costs like groceries bills, Difficulty learning math concepts beyond the basic math facts, Poor ability to budget or balance a checkbook, Trouble with concepts of time, such as sticking to a schedule or approximating time, Trouble with mental math, Difficulty finding different approaches to one problem.



Dysgraphia

Writing requires a complex set of motor and information processing skills. Two disorders that can affect the ability to write are **Dyspraxia**, which affects motor skills development, and/or **Dysgraphia**, which affects visual-spatial and language processing ability.

Young Children- Tight, awkward pencil grip and body position, Avoiding writing or drawing tasks, Trouble forming letter shapes, Inconsistent spacing between letters or words, Poor understanding of uppercase and lowercase letters, Inability to write or draw in a line or within margins, Tiring quickly while writing.

School-Age Children- Illegible handwriting, Mixture of cursive and print writing, Saying words out loud while writing, Concentrating so hard on writing that comprehension of what's written is missed, Trouble thinking of words to write, Omitting or not finishing words in sentences

Teenagers and Adults- Trouble organizing thoughts on paper, Trouble keeping track of thoughts already written down, Difficulty with syntax structure and grammar, Large gap between written ideas and understanding demonstrated through speech.

On the other hand, people with **Dyspraxia** have trouble planning and completing fine motor tasks. This can vary from simple motor tasks such as waving goodbye to more complex tasks like brushing teeth.