

Learning Disorders in Children

Learning Disorders are not a result of poor intellect. In fact, children often excel in some areas and struggle in others. Learning Disorders come in a variety of forms and can include struggles with processing, comprehension, decoding, expression/language, memory, or transferring knowledge, among others.

Possible Signs of a Learning Disorder

Some signs of a possible Learning Disorder include **slow learning**, frequent **frustration when completing tasks**, **delayed motor skills**, excessive **homework avoidance** and **poor school performance** (in general, or with specific subjects). However, academic difficulties may also be related to problems with depression, anxiety, or social relationships, which can be addressed in therapy.

Tips for Parents

- School-related problems may be due to lack of motivation, interest, or effort, but if they are not resolved by implementing consequences (e.g. rewards, removal of privileges, etc.), then a Learning Disorder may be affecting your child's ability to perform at school.
- If a Learning Disorder is causing academic struggles, simply insisting on your child increasing their effort will not solve the problem, and will lead to more frustration.
- When discussing your child's learning difficulties, try to understand what specifically is getting in the way of completing the work (e.g., fear of failure, time management, comprehension issues, etc.), and see if you can help resolve the issue.
- If the problems persist after consulting with school staff, it could be useful to have a comprehensive psycho-educational assessment, which explores these issues in depth.

For more information, helpful resources, and access to professional help, visit our website:

www.mindfullivingcentre.ca

