



# LEARNING DISABILITIES AND SUCCESS IN LIFE

Research shows that working on the following skills with children who have learning disabilities leads to more success as an adult.

## Help your child to:

- Become **self-aware** by helping to list his strengths, weaknesses, and special talents both in school and outside of school.
- Become **self-confident**. You can build self-confidence by helping your child to build success at home, encourage favorite activities and by helping to make progress at school.
- Learn to **advocate** (ask for what you need to be successful). Help to make a list of statements to use.
- Learn how to **make decisions** and take action to **achieve goals**. Talk about taking responsibility for choices.
- **Build perseverance**. Your child can learn to keep going despite challenges and delays. Help to build flexibility and also help with changes in plans when things are not working.
- **Set goals**. Set short and long term goals together, write a timeline and make adjustments as needed. By learning when to modify the goal or adjust the timeline, your child can increase successes.
- **Learn how to ask for help**. Work together to build and use a support system. Practice by role-playing asking for help from friends, teachers, relatives.
- **Learn how to handle stress**. Use words to identify feelings and help your child learn to recognize specific feelings. Find activities that reduce stress.

For more ideas: [http://www.helpguide.org/mental/quick\\_stress\\_relief.htm](http://www.helpguide.org/mental/quick_stress_relief.htm)

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*This information was adapted from the Life Success for Children with Learning Disabilities: Parent Guide (2003) and based on twenty years of research by the Frostig Center. Feel free to download the entire guide at: <http://frostig.org/wp-content/uploads/2012/02/LifeSuccessParentGuide.pdf>*

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