



# TALKING ABOUT LEARNING DISABILITIES (LD)

## How to talk with your child

Finding out there is a reason for their difficulties in school comes as a relief for most children. While they may know they are having trouble learning, they don't know why or that other children also may have difficulties with learning.

- Use unplanned, informal settings, like a drive in the car to talk.
- Talk about learning differences gradually – little by little – one day, one week at a time.
- Do more listening than talking and answer tough questions when asked.
- Include your child's strengths in every conversation.
- Talk about learning differences in general.
- Then talk about what specifically is difficult for your child.
- Explain that sometimes difficulties in learning are called a "Learning Disability."
- You may want to look for age-appropriate books that feature children with LD having success.

## How to help your child talk about having difficulties learning

Learning how to talk about a Learning Disability is the first step to being able to advocate now and in the future.

- Model talking about your child's learning difficulties by being matter-of-fact and positive.
- Your child should:
  - Know both strengths and needs.
  - Begin learning how to ask for help.
- Create a list of sentences to use:
  - "This is how I learn best."
  - "I need more time to come up with the answer."
  - "I need to have the question read to me."
- Encourage independence and making choices daily to build confidence



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