



TALKING ABOUT LEARNING DISABILITIES (LD)

How to talk with family and friends

Share information about your child's LD with:

- Siblings.
- The larger family circle.
- Friends of your family.
- Your child's friends.

Sharing information helps to build a larger network of support for your child while replacing harmful labels (dumb, lazy, inattentive) with terms that describe talents and help to build self-esteem (learns differently, hard worker, creative thinker).

- Keep information simple.
- Avoid using educational jargon.
- Identify positive ways they can support you and your child and reduce feelings of isolation.
- Reinforce strengths, and find strategies for challenges.

How to talk with a person who is responding negatively to my child

When someone responds inappropriately to your child's behavior:

- Don't ignore it!
- Interrupt by saying there is more to this than is evident and suggest another time to talk.
- When you talk later, share information on your child's learning disability and provide ideas on how they can help.
- Also talk with your child about ways to respond to another person's inappropriate words.



THE MORE
YOU
LEARN



When you have LD some of the highways in your brain have traffic jams. Not all the highways in your brain have traffic jams, just the ones that are affected by your LD.
-Ania Siwek, Psy.D.



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