

Understood

for learning & attention issues

CEC District 15

July 31, 2018

MS 88, Room 256

544 7th Avenue

6:30pm

Poll

What do you think of when you hear
“learning and attention issues”?

Dyslexia

ADHD

Dyscalculia

Dysgraphia

Executive Functioning Issues

Dyslexia: Issues With Reading

Dyslexia is the most recognized, best-researched and common learning issue that affects the way the brain processes written and spoken language.

- Dyslexia can cause trouble with:
 - Basic reading skills
 - Connecting letters to sounds
 - Sounding out words
 - Recognizing sight words.

When kids struggle with these underlying skills, it can lead to trouble with reading comprehension and reading fluency.

Dyslexia can affect more than reading skills. It can make writing, spelling, speaking and even socializing difficult.

❖ *Also known as a “language-based learning disability” or “reading disability.”*

ADHD: It's Complicated

Attention-deficit hyperactivity disorder (ADHD) isn't a learning disability, but it affects learning.

- ADHD can make it hard for kids to:
 - Sit still
 - Concentrate
 - Focus
 - Control impulses and emotions.

This isn't because kids with ADHD are lazy—it's because they have a brain-based medical condition.

While the exact cause of ADHD isn't known, research shows that genetics and differences in brain development and in how the brain processes neurotransmitters (brain chemicals) play a role.

Dyscalculia: Trouble with Math

Dyscalculia is sometimes called a “mathematics learning disability” or even referred to as “math dyslexia.” It can be missed in the early years because students learn many basic math skills through memorization

- Dyscalculia can cause ongoing trouble understanding and working with numbers and math concepts (such as 1:1 correspondence and concepts like *more* and *less*)
- Researchers know less about dyscalculia than they do about other learning issues. But they’re looking more at the causes of dyscalculia and ways to help.

Although many kids (and adults) have anxiety about math, dyscalculia is not the same thing as math anxiety.

Dysgraphia: Trouble with writing

Dysgraphia affects writing skills and written expression and can present a wide range of writing challenges.

- Kids with dysgraphia may:
 - Have messy handwriting
 - Struggle to hold a pencil, draw or form letters.
 - Struggle to organize their thoughts and express them using proper sentence structure.

It isn't related to how intelligent a child is. It's a brain-based issue that can affect kids' ability to put thoughts down on paper.

Executive Functions: The CEO of the brain

Executive functioning consists of several mental skills that help the brain organize and act on information.

- Executive function skills enable people to:
 - Plan and organize,
 - Remember things and use information and experiences from the past to solve current problems
 - Prioritize,
 - Pay attention
 - Get started on tasks.
- Having issues with executive functioning can make it difficult for kids to keep track of time, make plans, make sure work is finished on time and multitask.

Why We Care

1 in 5 kids

-- 15 million aged 3-20 --

struggle with learning & attention issues



Nearly half of those affected have more
than one challenge

Outcomes Without Support

Only 68% of kids with learning & attention issues graduate with a regular high school diploma

Over half of students with learning & attention issues have had some involvement with the criminal justice system within 8 years of leaving high school

Misunderstanding

50% of parents attribute learning disabilities to laziness

55% of parents believe home environment is the cause of learning disabilities

80% of parents confuse learning disabilities with developmental delays and other disorders

Learning and Attention Issues and Self-Esteem

Self-Esteem and Learning and Attention Issues

- These children often struggle to maintain high self esteem, not because they don't experience success, but because it can be inconsistent.
- They may be the target of jokes or bullying because of their issues.
- As a result, they may be uncertain of their own abilities, and unsure of how to react to challenges.

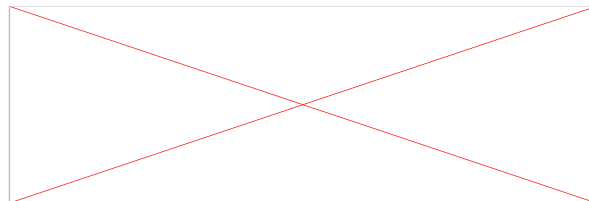
The toll of low self-esteem

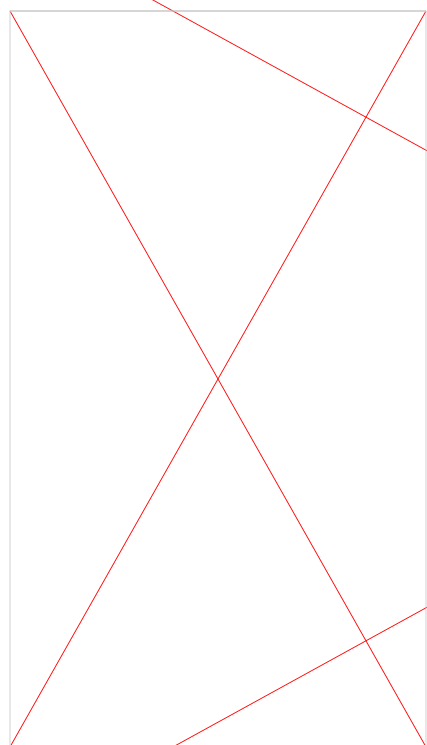
Children may not believe they're worthy of good treatment. They may not develop self-advocacy skills. It is also at the root of other issues because:

- Repeated failure can lead to feelings of frustration, anger, anxiety and sadness.
- Children in this situation often lose interest in learning.
- Friendships can suffer as frustrated kids seek negative attention.
- Children can become withdrawn or give in to peer pressure.
- Many children with low self-esteem develop self-defeating ways to deal with challenges, like quitting, avoidance, silliness and denial.

Key Things to Remember

1. **Struggles associated with learning and attention issues can impact self-esteem**
2. **Help your child recognize their strengths**
3. **Use effective praise**
4. **It's okay to ask for help**





**Empowered parents.
Confident kids.**

Questions?