



“ARE YOU A STRUGGLING READER?”

It is common for people with ADHD to have difficulty with recall and comprehension of reading material. This may be determined as early as kindergarten or first grade or much later in a child’s history relative to the child’s learning disability or ADHD symptoms. Below is a list of common reading difficulties that students may exhibit:

- Trouble self-monitoring in comprehension due to executive functioning weaknesses.
- Poor working memory, which results in poor recall, also affecting overall comprehension.
- Difficulty with silent reading and struggle to process the text without the auditory input.

Approximately 30-60% of children with ADHD also have learning disabilities. Among the learning disabilities, the reading disorders are the most common. There may be certain processing disorders that involve short-term memory, receptive/expressive language that could also affect the child’s progress in reading. Dyslexia is the most commonly diagnosed reading disorder and usually involves a deficit in phonological processing. It is important to note that dyslexia involves much more than reversing letters but can present with many other symptoms such as words moving on the page, not seeing certain words while reading and not following the text to be able to ascertain meaning. Thorough testing is critical in properly diagnosing reading disorders or other learning disabilities. Prescriptive phonics based reading programs can help in the decoding process and with word recognition. If you have any questions about how you can help your child, please feel free to contact me.

For a complimentary phone consultation, please call Christine L. Robinson, M.Ed. Certified ADHD Coach/Educational Consultant at 617-842-0634 or Christine@ADDActionCoach.com.

Skype or Face time sessions are also available.
