

LEARNING DISABILITY (LD): WHAT KIDS NEED TO KNOW

LD = Learning Disability

LDs impact the way our brain handles information.

It's not being lazy or stupid,
or because you're not trying!

Other names for LDs include dyslexia, dysgraphia,
and dyscalculia.



Symptoms of LD Can Include:

- ☐ Taking longer to get school work done
- ☐ Forgetting information you knew before
- ☐ Flipping the order of letters or numbers
- ☐ Losing place or missing words when reading
- ☐ Needing extra help to understand new things

DID YOU KNOW?

Sometimes LDs affect one or more area of learning



All brains grow with learning, but all brains learn differently!



Everyone with an LD is different.

There are lots of ways to use technology to work around an LD



LDs have nothing to do with how smart you are.

There is often more than one person with LD in a family.



About 1 out of every 10 kids has LD.

LDs Can Lead to You Feeling Badly About Yourself

Kids with LDs can feel frustrated, angry, sad, and alone.
It can sometimes make friendships hard.
Remember – you're not alone!

WHAT CAN YOU DO?

Help Your Brain Work Its Best:

Exercise

+

**Healthy
Diet**

+

Sleep

Find What Strategies Work Best for You



- ☐ Try learning strategies your parents or teachers suggest
- ☐ Pay attention to what things help you and keep doing that!
- ☐ Work with your family, teachers, tutors, counsellors, SLPs, OTs, etc. – they can give you some strategies to try.

Self-Advocate

- ☐ Know your strengths & ask for help when you need it.
- ☐ Everyone needs help from time to time!
- ☐ This can look like more time for writing tests and/or more chances to ask questions.

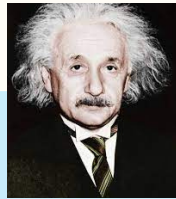
HAVING AN LD IS JUST ONE PART OF WHO YOU ARE!

Everyone has areas of strength and areas of weakness.

Every kid has their own special interests, talents, and personality.

LD does not need to stop you from reaching your goals!

There are many famous, successful individuals who also have LDs:



For More Information Go To:

Foothills Academy (LD services and support for families):
FoothillsAcademy.org

Understood (LD resources and community):
Understood.org