

A Learning Disability is a problem with how the brain takes in, organizes, understands or uses information

## More details

### A learning disability:

- Occurs in individuals with average to above average intelligence
- Can affect:
  - Reading
  - Speaking
  - Understanding
  - Writing
  - Math
  - Organization
  - Social interaction
- Learning disabilities are *invisible* disabilities (you cannot look at someone and see that they have a learning disability)
- About 5-8% of the population has learning disabilities



### Individuals with learning disabilities can be successful:

- When they know what is difficult for them
- When they know what they can do well
- When they develop appropriate skills
- When they know what helps
- When they ask for help and help is given



There are other factors, besides learning disabilities, that cause children to have difficulty with learning, behaving or participating at school.

### Some of these are:

- Feelings of frustration, anxiety, sadness or fear
- Medical problems, feeling ill, hungry, tired
- Problems at home or other problems with friends
- Trouble paying attention or feeling distracted
- Using prescriptions, drugs or alcohol



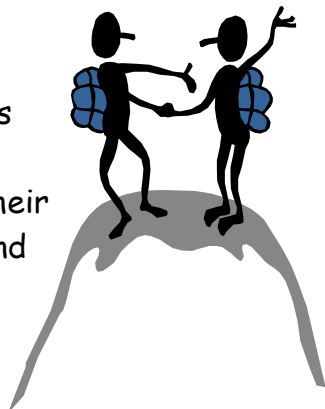
### What parents can do to help their child:

- Get support for themselves when needed through community agencies and from other parents (individually or through support groups)
- Find out about special education services available at school
- Understand their legal rights in accessing support and accommodations for their child with learning disabilities in school
- Participate in educational planning by:
  - getting to know the people who make the decisions
  - keeping records of reports from school, doctors, etc.
  - gathering information about learning disabilities and about your child
  - sharing their child's strengths and interests with their school
  - emphasizing the need to find solutions



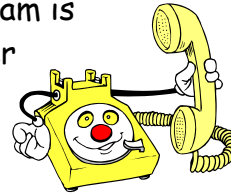
please see over ➤

- ▶ involving their child: to help him/her develop self-advocacy skills
- Understand their child's learning disability and its effects
- Help their child to understand his/her learning disability
- Help their child recognize his/her strengths and areas of ability
- Help their child build on areas of strength
- Encourage their child's development and learning, even if it is slower than others
- Adjust expectations for their child to take into account the nature and extent of the learning disability
- Encourage their child to talk about difficult experiences at school or with peers
- Be careful to give their child with learning disabilities a message that success is possible
- Encourage practice to develop skills
- Give genuine praise for their hard work and effort



### Talk to the school, community agency or family doctor:

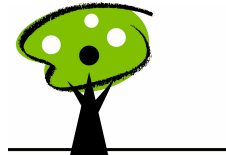
- if child/adolescent is being bullied
- if the school program is not meeting his/her needs
- if the child/adolescent needs help with homework
- if the child/adolescent needs mental health support (because of depression, anxiety, risk of self-harm)



**WHAT IS A LEARNING DISABILITY ?**

**COMMUNITY AGENCIES OFFERING HELP WITH LEARNING DISABILITIES**

**Integra**  
 416-486-8055  
 info@integra.on.ca  
 www.integra.on.ca  
 25 Imperial Street, 4<sup>TH</sup> Floor  
 Toronto, ON M5P1B9



INTEGRA

**Learning disAbilities Association of Toronto District**  
 416-229-1680 or 416-229-9046  
 admin@ldatd.on.ca  
 www.ldatd.on.ca  
 121 Willowdale Ave.  
 # 203  
 Toronto, ON M2N 6A3



### HELPING CHILDREN & YOUTH

