

# *access*Abilities, Inc.

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strengthening independent lives

Learning disabilities can be overwhelming for both children and their parents. Maybe your child cannot seem to pay attention, shows a lack of motivation, or does not seem to try hard enough. Perhaps your child does not interact with other kids or has trouble showing emotion to you. Children with learning disabilities cannot improve these things on their own, they must be diagnosed. So what, as parents, can you do to help your child achieve essential milestones?

First, it is important to realize the symptoms of a potential learning disorder. Learning disabilities affect parts of the brain responsible for receiving and transmitting information. According to the National Center for Learning Disabilities, there are eight areas affected by learning disabilities including:

- 1) Motor difficulties (running, jumping)
- 2) Math difficulties (trouble memorizing or organizing numbers)
- 3) Language difficulties (hindered ability to understand or produce language)
- 4) Reading difficulties (general vocabulary skills, letter, and word recognition)
- 5) Auditory and visual processing (hearing impairment)
- 6) Social and emotional difficulties (difficulty expressing feelings)
- 7) ADHD or Attention Deficit Hyperactivity Disorder (trouble focusing)
- 8) Autism (difficulty making friends, communicating)

If you are overwhelmed reading this list, you are not alone. What should you do if you suspect your child has a learning disability in one or more of the areas listed above? Talk with your pediatrician about your concerns. Your pediatrician may refer you to several specialists that may include: a clinical psychologist, school psychologist, educational psychologist, developmental psychologist, neuropsychologist, occupational therapist (who will test sensory disorders that may lead to learning problems), and speech and language therapist. Your health professional will help guide you through the testing process and give you options for treatments and therapies.

If your child is under the age of three, your pediatrician may recommend Early Intervention, which is designed to help children reach developmental benchmarks. *accessAbilities* provides a host of therapies and specialized instruction that is uniquely tailored to a child's needs.

As difficult as it is, try to maintain a positive attitude. Educate yourself as much as possible so you can effectively communicate with the therapists and teachers who may work with your child. Additionally, become an advocate for your child by speaking up and asking for special help. Remember that early diagnosis and treatment can assist your child in overcoming a learning disability.

Next article: [Defining the Common Types of Learning Disabilities](#)

Sources: [www.kidsource.com](http://www.kidsource.com)  
[www.babycenter.com](http://www.babycenter.com)  
[www.ncid.org](http://www.ncid.org)