



# DYSGRAPHIA

## *Parents' Free Guide*

# MEET THE Founder



Welcome to your free parents guide.

This e-book resource has been put together for parents who may feel helpless not knowing what to do and how to support their child through their learning journey.

I hope you find this resource helpful.

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*"Parents are in a unique position to be able to support their children on their learning journey."*

Natalie Nicholls

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# INTRO

Is your child struggling with learning?

Maybe they have a specific learning disorder such as dysgraphia? How do you know?

One of the most common comments I hear from parents is that they feel out of their depth when it comes to their child's learning and behaviour.

Is there anything you can do to help. The answer is YES!

The best part is, as a parent, you are in a unique position to make a HUGE impact on your child's learning.

Let's get started.

Increasing your knowledge increases your confidence!

# What is Dysgraphia?

What actually is 'dysgraphia'?

Dysgraphia is a neurological disorder and symptoms are first noticeable when a child begins writing. Diagnostic manuals use the term Specific Learning Disorder in Written Expression.

Writing is a very complex procedure that requires various parts of the brain to work together such as motor planning, language, visual processing and working memory. In addition, it requires strength in the body and hand muscles to execute writing.

There are two main types of dysgraphia:

- (a) The language-based difficulties: this relates to getting ideas onto paper and organising thoughts. Weakness in spelling and punctuation are also common. Children with ADHD may also have 'dysgraphia' (written expression).
- (b) Motor-based: This is commonly understood to be associated with developmental coordination disorder (previously known as 'dyspraxia').

Successful writing requires a significant amount of strong foundational skills.

When a child sees or hears a word, they need to know how to represent the sounds (or the word) visually by certain letters. The brain needs to have made the right connections in order to do this.

Can they retrieve this information and form (write) those letters correctly?  
Do they have the strength and correct posture to do this?

Have they had enough practice for this to become automatic or does it require a lot of effort? Do they have enough working memory capacity to hold the sounds or word while they write it down?

This is just for one word. Imagine a sentence or a paragraph! Writing requires a huge demand on the working memory. Children with a small working memory capacity are more likely to find writing difficult.

# Indicator Checklist

The following are common indicators for dysgraphia.

- Finds it difficult to get information onto paper, but has the ideas.
- Slow and laboured writing.
- Poor illegible handwriting
- Odd between letters and words
- Poor spelling and/or grammar
- Lack of sentence structure and punctuation
- Unusual pencil grip
- History of Occupational Therapy intervention or referrals.
- Poor letter formation
- May have ADHD

# NEXT STEPS

Is there anything I can do to help my child with dysgraphia? YES!

Firstly, it is important to understand that it is highly likely your child is trying their very best. So, please don't think dysgraphia is a result of not trying.

Older children may have given up, but younger children commonly try their best. Trying the same thing, harder will make very little or no impact.

## STEP 1:

Boost your child's nutrition, emotional wellbeing, movement/exercise and sleep. Check out our courses and programs to teach you how to get your child's brain and body ready for learning.

## STEP 2:

Start with a comprehensive assessment or do our program. Research shows that commonly children with dysgraphia has weaknesses in visual motor integration and working memory. These areas often go undetected and are foundational to developing writing skills successfully.

Does your child have difficulties with attention and concentration too? Research shows that symptoms associated with ADHD are commonly associated with dysgraphia.

STEP 3: Start now! Research has shown that early intervention is key! Start with the foundational skills and build up.

## References

### ADHD AND DYSGRAPHIA

Adi-Japha, E, Landau, Y, Frenkel, L, Teicher, M, Gross-Tsur, V, Shalev, R. (2007) ADHD and Dysgraphia: Underlying Mechanisms. Cortex, Volume 43, Issue 6, 2007, Pages 700-709, [https://doi.org/10.1016/S0010-9452\(08\)70499-4](https://doi.org/10.1016/S0010-9452(08)70499-4).

# Final Thoughts

## *Reach Out!*

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I hope you found the e-book helpful.

Navigating a child's learning journey can be challenging, but it doesn't have to be.

The PLECS Learning Approach courses and program can support a child's development and areas of need.

Check out more details on the website at  
[www.plecslearning.com.au](http://www.plecslearning.com.au)

I look forward to journeying with you.

Warm regards,

**Natalie Nicholls**

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*Take A JOURNEY  
WITH ME* 



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