



Struggling with Learning

Parent's 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 behaviour and learning?

Do you think they have anxiety?

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 and anxiety.

Let's get started.

Increasing your knowledge increases your confidence!

What are Learning Difficulties?

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Specific Learning Difficulties (or disorders) are as a result of a neurological impairment in the way the brain is wired.

Basically, the brain is wired in a different way. This is partly due to a combination of the genes and the environment the child is exposed to.

Children with learning difficulties may encounter challenges with reading, spelling, writing, maths, comprehension, listening, attention, organisation or planning.

How do I know if my child has a learning difficulty?

Parents are in a good position to be able to see whether a child is finding learning difficult, despite all the effort their child puts in.

In many cases, the child who is not progressing and finds concepts difficult to grasp, is more likely to be as a result of a learning difficulty than on their IQ score or genes.

From an early age, parents commonly notice their child's learning or behaviour challenging.

From a brain perspective, those with learning difficulties usually have a slower level of processing speed, difficulties with retaining information, display signs of anxiety and tend to have to put more effort into learning or will only learn if taught via specific strategies.

Is it Learning Difficulty, Learning Disability or Learning Disorder?

In Australia, learning difficulties refers to 'students who experience significant difficulties in learning and making progress in school, but who do not have a documented disability such as an intellectual disability.' (LDA)

Approximately 20 per cent of students, in Australia, are generally considered to have learning difficulties in one or more areas of learning (LDA)

In simple terms, learning difficulty just means a difficulty in learning, where someone finds learning new information a challenge and needs to work a lot harder than others would to learn the same information.

A learning disorder affects approximately 3-5% of the population. This leads to diagnosis's such as Specific Learning Disorder in Reading, Spelling, Comprehension or Written Expression etc.

Either way, all children who struggle academically require support and intervention as soon as possible.

You may have heard of terms such as dyslexia, dysgraphia, dyscalculia, ADHD and you're not sure whether your child has one of these? In addition to the early indicators checklist in this booklet, more specific checklists are also downloadable in the free e-books.

Having a learning difficulty effects children in different ways, such as anxiety, frustration, self-esteem and social issues.

Anxiety, frustration and self-esteem issues are likely to come about due to environmental factors – expectations by parents, teachers, peers and their own pressure and frustration to perform.

It is important to reduce/eliminate unrealistic expectations on children.

EARLY YEARS INDICATORS CHECKLIST

Early Years Learning Difficulties Indicators Checklist

Use this tool to screen/identify a student that may be at risk of a learning difficulty such as dyslexia, dysgraphia or dyscalculia.

Delays in Developmental Milestones

Delay in cognitive skills	<ul style="list-style-type: none">✓ Not demonstrating object permanence✓ Limited understanding of means–ends relationships✓ Difficulties with symbolic play	<input type="checkbox"/>
Delay in speech and language development	<ul style="list-style-type: none">✓ Limited receptive vocabulary✓ May have reduced expressive vocabulary ("late talkers")✓ Difficulty understanding simple (e.g., one and two step) instructions✓ Immature formation of words or sentences	<input type="checkbox"/>
Delay in emergent literacy skills	<ul style="list-style-type: none">✓ Slow speed for naming objects and colors✓ Limited phonological awareness (e.g., rhyming, syllable blending)✓ Minimal interest in reading✓ Difficulties with learning sequences days of the week, months, counting.	<input type="checkbox"/>
Delay in perceptual-motor skills	<ul style="list-style-type: none">✓ Problems in gross and/or fine motor coordination (e.g., hopping, dressing, cutting, stringing beads, bike riding, swimming)✓ Difficulty coloring, copying, drawing, pencil grip, pressure	<input type="checkbox"/>
Attention and behavior	<ul style="list-style-type: none">✓ Distractibility/inattention✓ Impulsivity✓ Hyperactivity✓ Difficulty changing activities or handling disruptions to routines	<input type="checkbox"/>
Other	<ul style="list-style-type: none">✓ Difficulties with sleep – light sleeper or snores.✓ Family history of learning difficulties✓ Food intolerances or allergies	<input type="checkbox"/>

NEXT STEPS

Firstly, it is important to address the underlying areas that are impacting learning and behaviour.

Secondly, provide accommodations and strategies to cope with the difficulties.

There is a lot parents can do to help. You may already have an idea of what your child finds difficult. It may be reading, spelling, writing, comprehension, maths, behaviour or concentration, organisation, timing (slow or fast), motor skills, emotional regulation, friendships, eating (not enough or too much), foggy brain, sleeping, sensitivity.

Early Intervention is key! Research has proven that early intervention is the most effective. Your child's brain is still growing and making new changes every day. Don't delay. Follow your instincts and get the right support now.

References

LDA, 2022.
Learning Difficulties
Association of Australia.
<https://www.ldaaustralia.org/the-australian-journal-of-learning-difficulties/>

Final Thoughts

Reach Out!

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

I look forward to journeying with you.

Warm regards,

Natalie Nicholls

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Take A JOURNEY
WITH ME 



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