

Helpful Resources for Dyspraxia, Dyscalculia, Dyslexia & Dysgraphia

6 Helpful Dyspraxia Resources

Are you or your child struggling with dyspraxia, a disorder that affects motor skill development? Although dyspraxia is not a learning disability (LD), features of dyspraxia are sometimes seen in those who struggle with LDs such as dyslexia, dyscalculia, and other conditions that impact learning, such as AD/HD. The following resources will help you learn more about dyspraxia and find help. Also, because many individuals with dyspraxia struggle with handwriting, be sure to check out NCLD's Helpful Dysgraphia Resources for helpful resources on writing.

Dyspraxia Foundation USA: The Dyspraxia Foundation USA is committed to being the source for the latest information and research. They offer a social community for those interested in sharing their stories about dyspraxia and a public relations center dedicated to building awareness and acceptance, as well as lots of facts and helpful information.

Dyspraxia or Developmental Coordination Disorder? Unravelling the Enigma: If you've already learned the basics of dyspraxia and are ready to take your knowledge to a deeper level, this medical journal article would be a good place to start. It reviews the diagnosis of dyspraxia from a medical perspective.

I Believe In You: A Mother and Daughter's Special Journey by Michele Gianetti, R.N.: This book describes one parent's struggle to have her child's dyspraxia diagnosed and treated. It offers suggestions for school and home life, advocacy strategies, and more.

Learning Disabilities: Dyspraxia: Looking for a quick, simple, accurate overview of dyspraxia to distribute to your child's teachers or others involved in their education? This article would be perfect.

Tips for Teaching the Child with Dyspraxia: Want practical tips to help students with dyspraxia succeed in the classroom? Check out these ideas from the Dyspraxia Foundation.

What is Dyspraxia? How is Dyspraxia Treated?: This informative article will deepen your knowledge of dyspraxia by providing a clear description of the challenges posed by the condition and links to recent research.

10 Helpful Dyscalculia Resources

The following resources will help you learn more about dyscalculia and find local help:

About Dyscalculia: Dr. Anna Wilson, a dyscalculia expert from New Zealand, created About Dyscalculia to share the latest on dyscalculia with parents, teachers, and individuals who struggle to learn math.

AT Devices for Students Struggling in Math: This helpful chart from the Georgia Department of Education is a comprehensive list of assistive technology tools for students who struggle to learn math. The chart makes suggestions by age group and math content area.

Beyond "Getting the Answer": Calculators Help Learning Disabled Students Get the Concepts: A calculator can be a useful tool for students with dyscalculia, but calculator use may be better suited to certain types of math activities than others. This article reviews recent research to give practical tips to teachers and parents on when calculator use is appropriate for students with LD.

Dyscalculia.org: Dyscalculia.org is a comprehensive online resource offering information on diagnosis, accommodations and modifications, advocacy and legal rights, and much more.

The Math Forum @ Drexel: Drexel University's Math Forum site offers resources for improving math learning and teaching, including remedial math guides, technology tools, practice problems and solutions, and more. This active site is useful for both those who struggle to learn math and those who seek to help them (teachers and parents).

Number Sense and Number Nonsense: Understanding the Challenges of Learning Math by Nancy Krasa and Sara Shunkwiler (Brookes Publishing, 2009): This straightforward, reader-friendly book (by a psychologist and a middle school teacher) offers a guide to essential math skills and difficulties that students encounter with math.

Strategies to Facilitate Math Concepts and Homework: Are you the parent of a child with dyscalculia wondering how you can help support your child's math learning? Check out this page for practical strategies to help with homework and other at-home learning.

Teaching Mathematics Meaningfully edited by David Allsopp, Maggie Kyger, and LouAnn Lovin (Brookes Publishing, 2007): What are the needs of students with dyscalculia, and how can teachers help them to develop math skills? This book will help teachers understand the "how" and "why" of effective teaching strategies for students with math LD.

Why is Math so Hard for Some Children?: The Nature and Origins of Mathematical Learning Difficulties and Disabilities edited by Daniel Berch and Michele Mazzocco (Brookes Publishing, 2007): This scholarly anthology of essays incorporates recent research exploring all aspects of dyscalculia.

10 Dyslexia Resources

The following resources will help you learn more about dyslexia and find local help:

Bookshare: Bookshare is an accessible online library for people with dyslexia and other disabilities. Over 160,000 titles are available, and membership is free for students.

DyslexiaHelp at the University of Michigan: DyslexiaHelp is designed to help you understand and learn about dyslexia and language disability. Visit their site for a wealth of information for individuals with dyslexia, parents, and professionals. If you've ever wondered about celebrities who have dyslexia, be sure to check out their "Dyslexia Success Stories" section.

Dyslexia on KidsHealth and Dyslexia on TeensHealth: Are you a parent or educator looking for age-appropriate materials on dyslexia? These articles offer the basics of dyslexia, tailored for the reading and developmental level of kids and teens.

Eye to Eye: Eye to Eye is a "mentoring movement for different thinkers," providing mentoring programs to students identified with learning disabilities such as dyslexia and AD/HD. Visit their site to learn more about their program and find out how to get involved.

International Dyslexia Association: The International Dyslexia Association (IDA) is a national non-profit dedicated to helping individuals with dyslexia, their families, and the communities that support them. Visit their site to connect with a local branch near you, find IDA-member providers in your area, and learn more about dyslexia.

Learning Ally: Learning Ally, formerly known as Recording for the Blind and Dyslexic, offers more than 75,000 digitally recorded audiobooks (including both textbooks and literary titles).

Parent Center Network-Parent Center Listing: If you are the parent of a K-12 student with dyslexia, you'll want to take a look at this site and find your nearest Parent Training and Information Center (PTI). PTIs are funded by the federal government and offer parents assistance in navigating special education and their child's rights under the Individuals with Disabilities Education Act (IDEA).

The Big Picture: Rethinking Dyslexia (film): The website of the new film "The Big Picture: Rethinking Dyslexia" (scheduled for a television premiere in October 2012), offers video clips from the film, ways to take action to support people with dyslexia, and offers uplifting advice for students with dyslexia and their parents.

The Yale Center for Dyslexia and Creativity: Yale University's Center for Dyslexia and Creativity seeks to illuminate the strengths of those with dyslexia, disseminate information, practical advice, and the latest innovations from scientific research, and transform the lives of children and adults with dyslexia. Visit their site to learn more about their cutting edge research and get concrete tips for parents, educators, and individuals with dyslexia.



10 Helpful Dysgraphia Resources

Are you or your child struggling with dysgraphia, or difficulty writing? The following resources will help you learn more about dysgraphia and find help:

Accommodations and Modifications for Students with Handwriting Problems and/or Dysgraphia: Visit this page by Susan Jones, M.Ed. for ideas on classroom accommodations, modifications, and remediation for students with dysgraphia.

Assistive Technology for Writing: Assistive technology can be of great benefit for students with dysgraphia. Check out this page for a listing of some of the most popular keyboarding programs, portable keyboards, note-taking software, and speech-to-text dictation programs.

Eye to Eye: Eye to Eye is a “mentoring movement for different thinkers,” providing mentoring programs to students identified with learning disabilities such as dysgraphia and dyslexia. Visit their site to learn more about their program and find out how to get involved.

The Importance of Teaching Handwriting: All children (especially those with dysgraphia) need explicit teaching of handwriting. Check out this article for information on why handwriting lessons are important and find out tips for teaching and assessing handwriting.

Parent Center Network - Parent Center Listing: If you are the parent of a K-12 student with dysgraphia, you’ll want to take a look at this site and find your nearest Parent Training and Information Center (PTI). PTIs are funded by the federal government and offer parents assistance in navigating special education and their child’s rights under the Individuals with Disabilities Education Act (IDEA).

Powerful Writing Strategies for All Students by Karen R. Harris, Steve Graham, Linda H. Mason, and Barbara Friedlander (Brookes Publishing, 2008): This handbook provides educators with practical, evidence-based lesson plans and support materials for teaching writing to students with and without dysgraphia and other learning disabilities.

Strategies for Dealing with Dysgraphia: This article from LD Online offers extensive tips on helping students with dysgraphia succeed in writing.

Strategies for the Reluctant Writer: Dysgraphia can make students reluctant to write. Read this article for ideas on building students’ motivation to write and supporting them throughout the writing process.

Understanding Dysgraphia: This factsheet from the International Dyslexia Association includes answers to frequently asked questions about dysgraphia and ideas for instructional activities to support students with dysgraphia.

What is Dysgraphia? — Dysgraphia is a learning disability that affects writing, which requires a complex set of motor and information processing skills. Dysgraphia makes the act of writing difficult. It can lead to problems with spelling, poor handwriting, and putting thoughts on paper. People with dysgraphia can have trouble organizing letters, numbers, and words on a line or page. This can result partly from:

- *Visual-spatial difficulties*: trouble processing what the eye sees
- *Language processing difficulty*: trouble processing and making sense of what the ear hears

As with all LDs, dysgraphia is a lifelong challenge, although how it manifests may change over time. A student with this disorder can benefit from specific accommodations in the learning environment. Extra practice learning the skills required to be an accomplished writer can also help.

What Are the Warning Signs of Dysgraphia? — Just having bad handwriting doesn't mean a person has dysgraphia. Since dysgraphia is a processing disorder, difficulties can change throughout a lifetime. However since writing is a developmental process, children learn the motor skills needed to write, while learning the thinking skills needed to communicate on paper; difficulties can also overlap.

In Early Writers:

- Tight, awkward pencil grip and body position
- Avoiding writing or drawing tasks



- Trouble forming letter shapes
- Inconsistent spacing between letters or words
- Poor understanding of uppercase and lowercase letters
- Inability to write or draw in a line or within margins
- Tiring quickly while writing

Provided by the National Center for Learning Disabilities (www.NCLD.org)



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