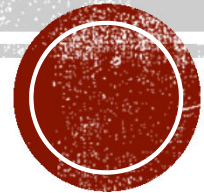


# EFFECTS OF LEARNING DIFFICULTIES ON THE MENTAL HEALTH OF CHILDREN

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# LEARNING DISABILITY

A specific learning disability is a disorder in one or more of the basic psychological processes involved in understanding or using language, spoken or written, that may manifest itself in an imperfect ability to listen, think, speak, read, write, spell, or do mathematical calculations.



# LETS LOOK AT SOME STATISTICS

- 1 in 5 children have learning and thinking differences like dyslexia and ADHD
- **2.3 million public school students** have IEPs/ARDs for LD.
- **7 out of 10 kids** with IEPs/ARDs for LD spend 80 percent or more of the school day in general education classrooms.
- Only **30 percent of general educators** feel strongly that they can successfully teach kids with LD.



# COMORBIDITIES

- Attention Deficit and Hyperactivity Disorder (ADHD)
- Conduct Disorder
- Anxiety Disorder



# CONCERNS

- Trauma
- Stress/Traumatic Stress
- Frustration/Anger
- Anxiety
- Disruptive behavior
- Social issues
- Stigma/Bullying
- Self-esteem concerns
- Depression
- Academic failure/Hate School
- Avoidance
- Negative thinking
- Thinking Errors
- Transitions specially from preferred to non-preferred tasks



# ANGER ICEBERG



# WAYS IN WHICH CHILD'S ANXIETY SHOWS UP

## 8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

### 1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



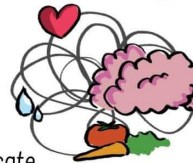
### 2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



### 3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



### 5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

### 6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



### 8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



### 4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



### 7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.



# HOW CAN WE HELP

- Focusing on strengths
- Can we focus?
- Be kind and have empathy to themselves
- Social Emotional Learning
- Peer Mentoring – Eye to Eye peer mentoring:  
<https://eyetoeyenational.org/intro-to-learning-differently>
- Use I-Feel statements
- Counseling
- Coping Skills:  
<https://www.thepathway2success.com/coping-strategies-resources/>
- Mental Health Check-in





# I-FEEL STATEMENT

## "I" STATEMENT



GoodTherapy.org®



# REFERENCES - WEBSITES

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