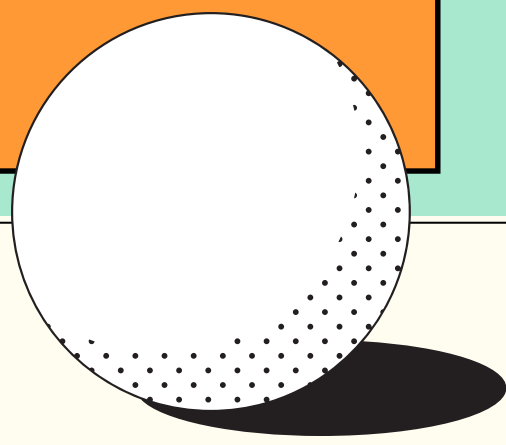


Specific Learning Difficulties

Resources for parents of children and young people with a new SLD diagnosis.



What is an SLD?

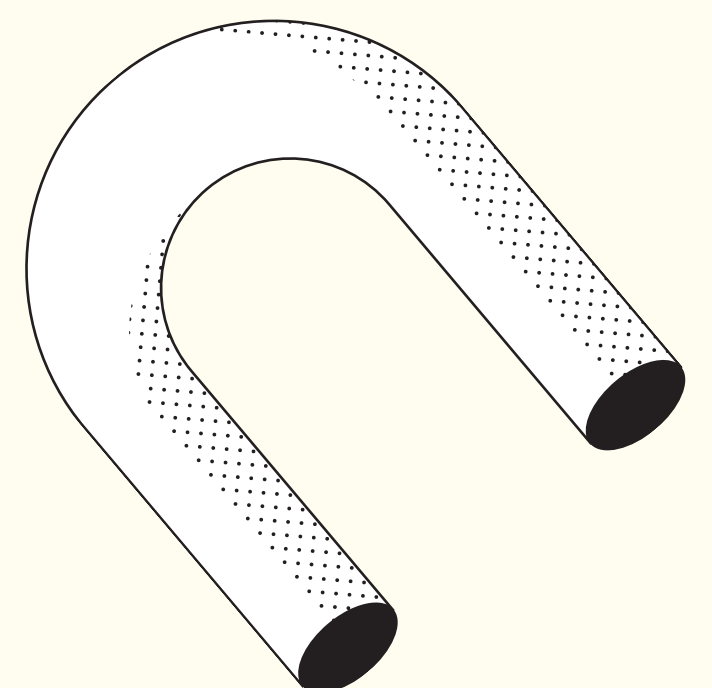
Previously called Dyslexia, Dysgraphia and Dyscalculia. SLDs are a difference in the brain's development or a difference in the way the brain works. This leads to a person having significant challenges in certain types of academic learning despite being intellectually very capable. People with SLD can understand concepts and the world well, it's learning specific types of information that is harder. We break down SLDs into reading, writing and maths issues. There are even further sub-categories such as 'reading fluency'. Everyone with an SLD is different and most likely will have areas they can learn normally in and areas of greater challenge.

What will help?

There is no 'cure' for an SLD as it is just the way a person's mind has and does grow. It's actually a fairly common difference.

There are however:

- Interventions we know from research that can help learning.
- Compensatory strategies that assist with learning, working, planning and organisation.
- Assistive technology and software that helps a person produce work, be organised or to understand academic tasks more easily.
- Classroom accommodations.
- Environmental supports – practical supports such as timers and reminders.
- Teacher and Parenting support.
- Understanding SLD and how it affects you or your child will also help a lot.



Understanding SLDs

Auspeld

<https://auspeld.org.au>

Auspeld has lots of information about SLDs. It has some great guides on understanding SLDs; helping children with SLD be successful; and building good relationships with schools. There are links to other SLD organisations too, including links to other websites showing recommended apps for SLD. See the Auspeld "Understanding Learning Difficulties: A Guide for Parents" booklet for information on:

- Understanding SLDs
- Working with schools
- Explaining SLD to children
- Recognising and supporting children with low self-esteem & SLD.

SPELD Victoria

www.speldvic.org.au/information-for-parents

Also has information on understanding SLD's.

Made by Dyslexia videos on Youtube

UK organisation that has made some very positive and affirming videos about SLD (they use the word dyslexia for a range of SLDs). Interviews with some very famous people who have SLDs. Good for understanding SLD but not everything is applicable to all people with SLD. They also discuss common strategies. Some videos are appropriate for older children and young people.

Psychologists

Many child and adolescent Psychologists can help children, young people and parents understand SLD. They may also help with low self-esteem and poor mental health associated with having SLD, suggest learning strategies, and help with manage difficulties in planning, organisation or behaviour at home.



Learning Support

Auspeld

<https://auspeld.org.au>

Must see- "Understanding Learning Difficulties: A Guide for Parents" for what maths, reading and spelling programs are and aren't recommended. Plus understanding structured synthetic phonics programs for reading and spelling.

Spelfabet

<https://www.spelfabet.com.au/phonics-resources/>

Melbourne Speech Pathologist Alison Clarke's website with lists of possible programs for reading and writing learning. She also has free videos and resources to support parents teaching reading and writing at home.

FiveFromFive

<https://fivefromfive.com.au/parent-resources/>

Simple literacy activities for young children (e.g., up to Grade 1)

Multilit's Literacy Centres

<https://literacycentres.multilit.com>

These offer evidenced based and researched online tuition for reading

Tutors.

A bit hard to find. Ask your teacher and other parents for tutors with lots of experience helping with SLD. Lots of tuition is online these days – is that the right format for you?

Speech and Language Therapists.

Many speech and language therapists will do individualised 1-on-1 instructions in reading and writing for children and young people. Some may offer group interventions. Ask around your local area and other parents to find a recommended speech and language therapist



Victorian Secondary School Special Provisions

www.vcaa.vic.edu.au/administration/special-provision/Pages/Index.aspx

Information on special provisions available in Victoria.

Start early. Schools can modify aspects of secondary school from Year 7 and can submit formal applications for special consideration from Year 9.

Advocacy

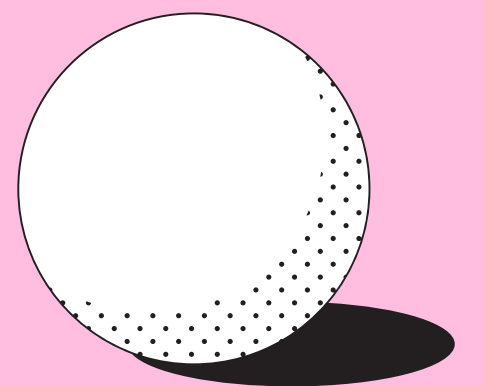
SPELD

www.speldvic.org.au/advisory-advocacy-services

Speld provides an advisory and advocacy service

Your child's **psychologist** or **speech therapist** may also assist in advocating with the school.

Some parents find parent-led advisory groups on **social media** helpful.



Books For Children

Brain Building Book & Website

www.brainbuildingbook.com

Psychologist Dr Liz Angoff's website with resources for parents about explaining neurodiversity to children and teens. Very neurodiverse affirming and accessible. The book itself is currently only available in packs of 5 but see her website for other resources.

Clarice Beans Spells Trouble

By Lauren Child

Very funny and engaging book for 8 – 12 year olds about a bookworm who finds spelling confusing and has a hard time concentrating at school.

Assistive Technology

Speld

<https://www.speldvic.org.au/assistive-technology/>

Information on assistive technology and software supports.

Auspeld

<https://www.speldvic.org.au/assistive-technology/>

Assistive technology, software and recommended apps.

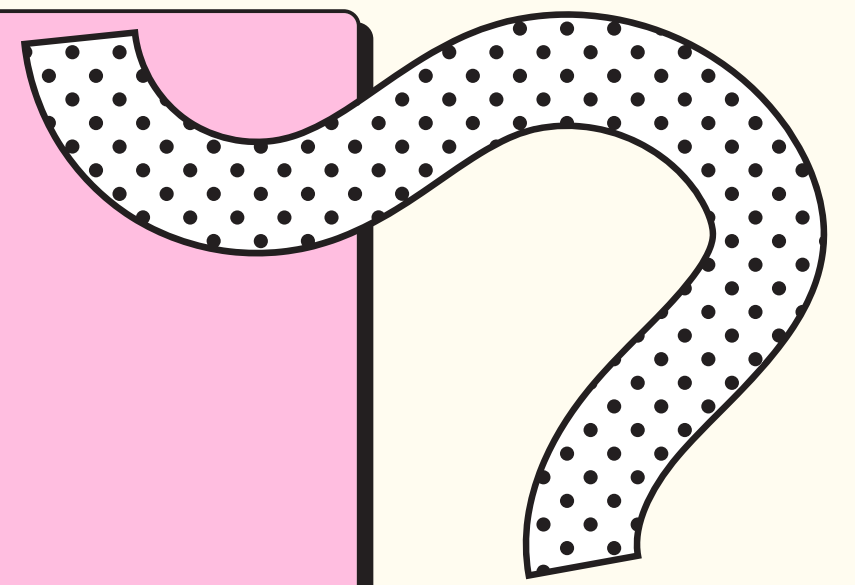
Spectronics

www.spectronics.com.au

One supplier of assistive technology i

But don't forget...

- Commerical dictation software like DragonSpeak.
- easily accessible, freely or cheaply available software and apps such as Canva, Creately, and Pinterest for mind maps, graphic organisers, visual lists, schedules, check lists, social stories (via cartoon templates) etc. There are heaps of mindmap apps. A simple search on your favourite search engine will help you find images of many visual supports to give you ideas.



***Catalyst
Psychology***

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