CLÍNICA VIVALDI · FREE SHEET · NEURODEVELOPMENTAL

Specific learning disorder

Persistent difficulties in reading (dyslexia), writing (dysorthography) or mathematics (dyscalculia), far below what is expected despite adequate education and normal intelligence.

COMMON SIGNS

- Slow reading or many errors
- Persistent spelling mistakes
- Difficulty with calculation and numbers

TIPS FOR YOU

1. Neuropsychological assessment with a report for the school
2. Ask for adjustments: extra time, oral exams, support
3. Boost self-esteem: difficulty isn't a lack of ability

FOR FAMILY AND FRIENDS

1. Work with the school to ask for adjustments
2. Praise what they do well, not just their grades

WHEN TO ASK FOR HELP

1. If the difficulties continue despite school support
2. If anxiety or school refusal appear

TO OBSERVE AND NOTE DOWN

☐ Reads slowly or with many mistakes
☐ Confuses similar letters (b/d, p/q)
☐ Makes lots of spelling mistakes
☐ Finds it hard to understand what they read
☐ Has difficulty with calculation or numbers
☐ Takes a long time to do homework
☐ Avoids reading or writing
☐ Says they are "stupid" or no good at studying

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-especifico-del-aprendizaje
- Full article: Learning disorders: clinicavivaldi.com/en/trastorno-trastorno-aprendizaje
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112