

Learning Problems

Many children have trouble learning in school from time to time, particularly when they are learning a new skill. However, if a child is consistently having trouble with an academic subject or subjects at school, he or she may have a mental health issue that is affecting his or her learning.

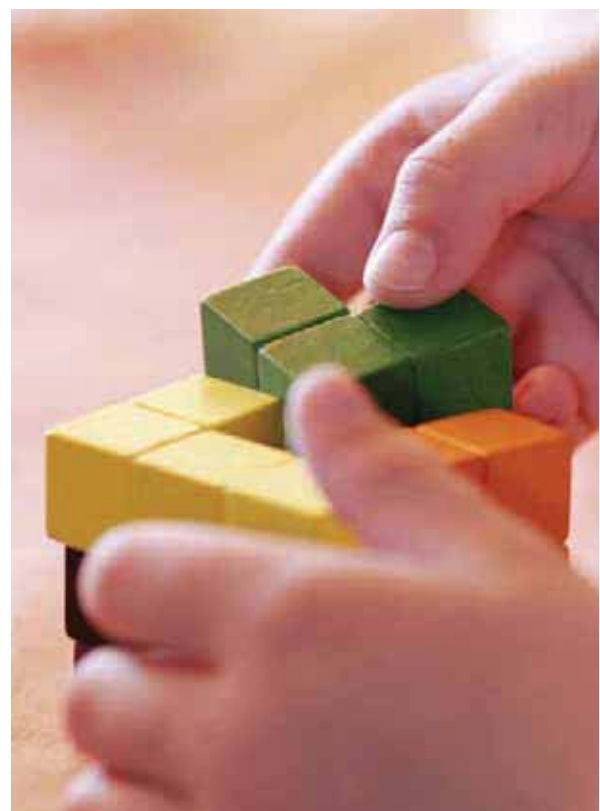
The following is a list of typical signs and symptoms of a learning problem. Your child may have a learning problem if he or she:

- Has difficulty understanding and following instructions
- Has trouble remembering what other people say to him or her
- Is hyperactive
- Cannot sit still or is easily distracted
- Cannot master reading, spelling, writing, or math skills, resulting in poor grades
- Has difficulty determining right from left
- Has difficulty identifying certain words or often reverses words, letters, or numbers
- Lacks coordination in sports or activities, such as tying a shoe lace or holding a pencil
- Often loses or misplaces items, such as homework or school books
- Does not understand the concept of time, such as yesterday, today, and tomorrow

Possible mental health diagnoses within this symptom cluster include:

- Anxiety Disorders (p48)
- Attention Deficit Hyperactivity Disorder (ADHD) (p52)
- Depression (p67)
- Learning Disorders (p75)
- Speech and Language Disorders (p90)

A child who has a learning problem usually has a normal range of intelligence, yet no matter the amount of effort, he or she has a hard time in school and falls behind.



TIP

Get involved at your child's school. The more involved you are, the more likely you will know who to turn to if your child needs help.