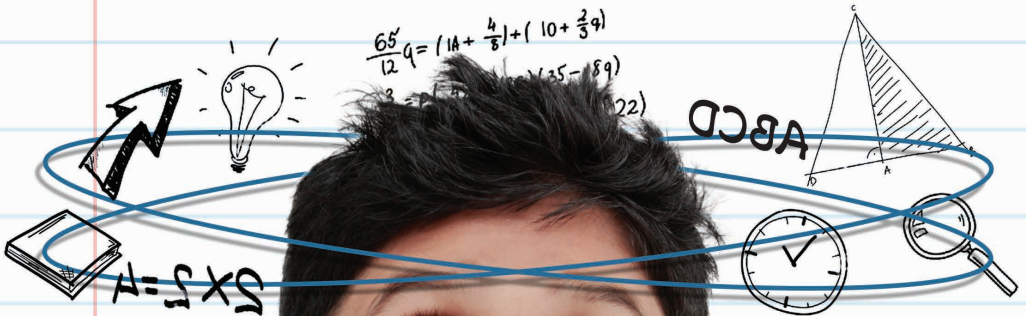


Recognising Your Kids Learning Disorders to Unlock Their True Potential.

MIOT's Department of Mental Well-Being helps identify it early and provides the right support for your child to shine.



Mental Well-Being

The mental well-being of a child is fundamental to their development and to reaching their full potential. It can be indicated by their ability to achieve developmental and emotional milestones, learn healthy social skills, and cope with problems. A healthy child has a positive quality of life and can function well at home, school, and in their communities.

When a child experiences significant changes in the way they typically learn, behave, or handle their emotions, it causes distress and difficulties in managing daily life. If symptoms are serious and persistent and interfere with school, home, or play activities, it may be an indicator that the child is dealing with difficulty. Early attention to the area of concern can prevent the development of more serious issues later in life. Learning disorders are more prevalent in school-going children.

Learning Disorders

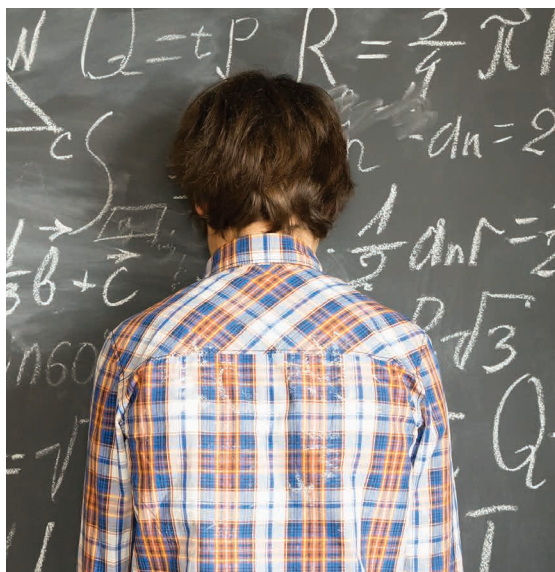
A learning disorder is when a child has problems with reading, maths, or writing. They may also have difficulty in using or understanding language, socialise, and learning other skills that don't involve words. The child's skills are below what's expected for the child's age, grade level, and intelligence.

Types of Learning Disorders

Reading Disorder: A child reads below the expected level given their age, grade in school, and intelligence. Children with this problem read slowly and have trouble understanding what they read. They may have trouble with word recognition.

Mathematics Disorder: A child has problems with numbers. They may have trouble counting, copying numbers the right way, adding and carrying numbers, learning multiplication tables, and recognizing math symbols.

Writing Disorder: A child has trouble with writing skills. They struggle with grammar and punctuation, spelling, paragraph organisation, or written composition.



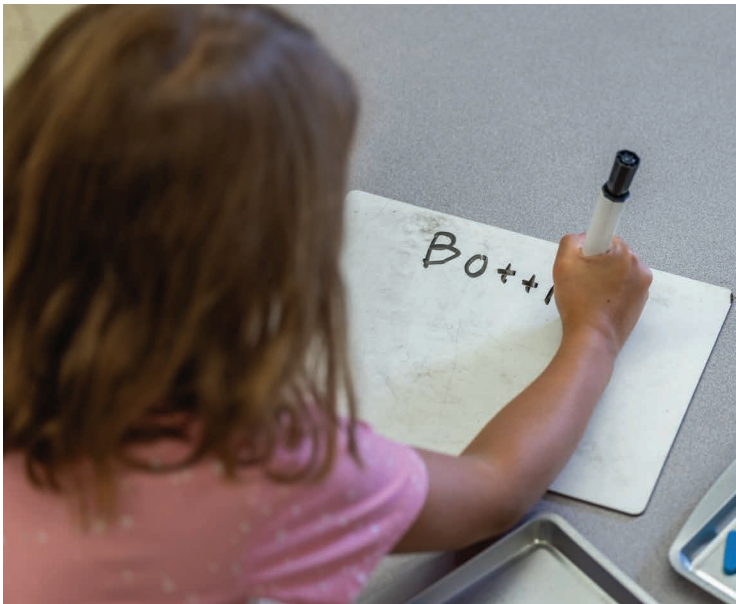
Speech and Language Disorder: Children with speech and language disorders can have trouble using and understanding spoken or written words.

Non-verbal learning disorder: A child has problems with both gross and fine motor skills, eye-hand coordination, difficulty with shape, depth, letter reversal, and skipping out words or lines while reading.

How to Identify Learning Disorders in a Child?

Parents or teachers may first spot the signs of a learning disorder in a child. Each child's symptoms may vary. Some common symptoms are:

- Problem with reading, spelling, writing, or doing math
- Trouble understanding and following directions
- Reversing letters or numbers after first or second grade.
Confusing b and d, or 12 and 21
- Frequent spelling errors
- Poor written expression like overly large handwriting, difficulty with grip, no gap between lines, difficulty managing borders
- Difficulty recognizing patterns or sorting items by size or shape
- Stuttering - trouble saying words or sentences in a way that flows smoothly
- Articulation errors - difficulty forming certain words or sounds
- Trouble accurately moving the lips, jaw, and tongue to speak
- Trouble perceiving where objects are
- Difficulty understanding abstract concepts
- Difficulty reading people's emotions through facial expressions and other cues
- Problems with moving the body, also called physical coordination

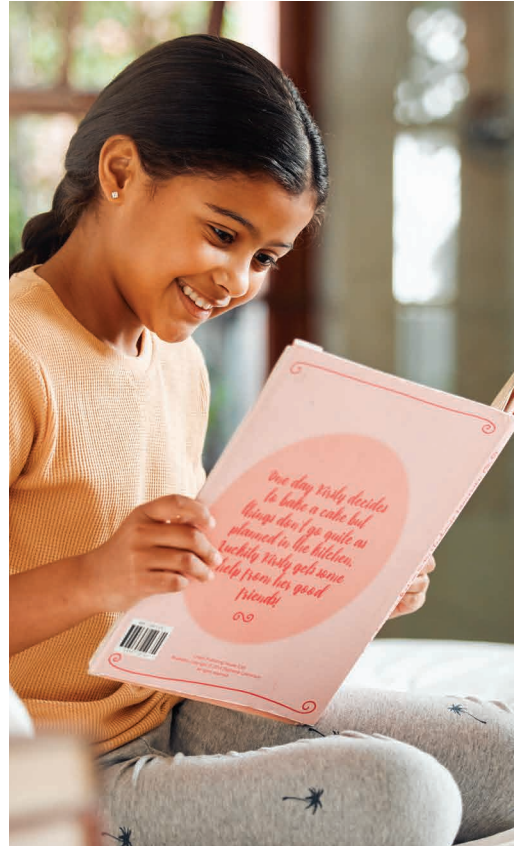


Why Early Intervention is Important?

Early diagnosis and treatment can help address the child's challenges and improve understanding, enabling educators to identify their learning styles and provide tailored resources and guidance. Children with learning disorders may also experience anxiety, depression, low self-esteem, tiredness, and less motivation.

What Happens if Learning Disorders are Left Untreated?

A child with learning disorders can learn and think differently and thrive with the right support. However, if left unidentified the child may experience prolonged difficulty with academic performance, which may negatively impact their self-esteem and make it harder for them to build relationships with others.



They may have:

- **Issues Completing Education**

Many children with learning disorders give up on school altogether. Difficulties with reading, writing, and understanding lectures often lead to more frustration. Some people may finish high school but forego college because they fear they won't be able to keep up.

- **Unhealthy Coping Skills**

Without proper guidance, a child may develop unhealthy coping skills that persist into adulthood. For example, they may simply avoid any situation where they expect to be asked to write or read.

- **Career Implications**

Fearing the perception that they aren't smart enough, an adult could quit a job or not apply for positions that require reading.

When Should You Seek Help?

If you notice these symptoms in your child and if it does not improve even with help from teachers or parents, for a minimum of 6 months period, it's a sign you should seek help from a medical professional.

MIOT's Department of Mental Well-Being

MIOT's Department of Mental Well-Being takes a holistic approach to mental health, addressing not only the psychological aspects but also the physical, social, and emotional dimensions of well-being. Our multidisciplinary team includes:

- Psychiatrists
- Psychologists
- Developmental Paediatricians
- Speech and Language Therapists
- Physiotherapists
- Occupational Therapists
- Nursing and support staff





DEPARTMENT OF
**MENTAL
WELL-BEING**

This diverse team enables us to gain an in-depth understanding of each child.

We keenly observe the children over an extended period and engage in discussions with their families and teachers about our observations and how we can apply them to manage the child's symptoms. This process helps us develop personalised treatment plans tailored to each child's unique needs, combining therapy, medication, lifestyle changes, and support from loved ones. We use evidence-based approaches accepted and practiced worldwide, customising them to meet the needs of our country and the child. Additionally, we help children develop coping skills and advise parents or caretakers on effective strategies to manage the child's symptoms.

