



National Institute
of Mental Health

NATIONAL INSTITUTES
OF HEALTH

Five steps to understand and get help for learning problems:

Step 1

Look for signs (see attached lists) What is normal?

Step 2

Learn that certain illnesses and learning disabilities can be treated. What are the causes?

Step 3

Ask your child's doctor for help.

Step 4

Talk to your child's teachers. Your child's school may be able to help in many ways.

Step 5

Work together to help your child. Parents, children, teachers, and doctors should work together as members of a team. Together you can set goals for your child and find the right treatment to

Tips for parents:

Try to learn as much as you can about the illness or disability. As a parent, trust your thoughts and feelings. You know your child better than anyone else. If you don't think your child is getting the services he or she needs, speak up. Tell your child's doctor or school what you think. And don't stop asking questions.

Remember certain illnesses and disabilities can be treated. Keep working to help your child get better. To be your child's best helper, take good care of yourself and stay healthy.