



Nurturing My Child's Learning Skills

Every child has a unique learning style, and each has their strengths and areas of difficulties where support may be needed. When children struggle with learning, it can impact their confidence, self-esteem, social coping, and academic performance. How do you know if your child needs help?

The following are some "warning signs" to look out for. If your child:

- ▶ Has difficulties staying focused on work or play.
- ▶ Frequently makes careless mistakes.
- ▶ Has issues starting on or finishing tasks or projects.
- ▶ Has issues completing tests or exams on time
- ▶ Is fidgety or restless in his/her seat.
- ▶ Interrupts or blurts out things that come to his/her mind.
- ▶ Is disorganised.
- ▶ Reads slowly and/or has trouble understanding what s/he has read.
- ▶ Has a sad or unmotivated approach towards academic tasks.

What can I do?



Should I get my child assessed?

- ▶ Comprehensive assessment will help you understand your child's areas of strength and difficulties, and to determine if his/her problems are due to an underlying condition or disorder (e.g., ADHD, Dyslexia, etc).
- ▶ By understanding your child's learning needs, intervention (e.g., learning strategies, psychotherapy, and resources) can be individually tailored to his/her learning pattern, so as to maximise his/her learning potential.
- ▶ Studies have shown that prolonged struggles and negative experiences with learning can lower a person's self-esteem and confidence, leading to more severe negative emotions over time.


Where can I go to get help?

- ▶ Judy Yap is a registered Clinical Psychologist at Scott Psychological Centre with more than 20 years of experience.
- ▶ She can conduct a range of psychological tests to help you understand your child's learning needs.
- ▶ She also teaches the skills for learning and provides psychotherapy to build confidence and promote wellbeing in your child.



For more information, you can send an email to Judy Yap (judy@scottpsychologicalservices.com). Alternatively, you can send an email to appointment@scottpsycholgicalservices.com, or use the enquiry form on our website.

Enquire today:

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