

## Trading skepticism for support: How parents can engage with their child around learning and thinking differences

As you look to engage with your child around learning and thinking differences or challenges they may be facing, consider some of these expert tips and resources:

- **Talk with your child.** Make sure your child knows you're ready to help and that you'll get through this together. Ask [open-ended questions](#), like "What made you laugh today?" or "What was the hardest thing you did today?" This will give you a better understanding of how your child is feeling — and why.
  - If your child has trouble expressing feelings, try using a [feelings wheel](#). It helps show kids that it's OK to express their emotions, and it gives them words to use.
- **Talk with your child's teachers and caregivers.** Get a 360-degree view of what your child is experiencing at home, school, and other activities. Then you can make sure your child gets support wherever it's needed. Teachers can help with [accommodations](#), like access to sensory tools and additional testing time.
- **Use [trackers and logs](#).** Keep track of when kids seem stressed or anxious. Noticing trends can help you understand what may be contributing to your child's emotions. That puts you a step closer to finding a solution.
- **Practice self-calming strategies.** Deep breathing, stretching, or yoga can help kids become more aware of how they feel and help them manage their emotions. Kids can learn to "scan" their body from head to toe, checking for signs of tension, pain, or discomfort.
- **Create a safe space and network.** Help your child find other supportive adults they feel comfortable talking to.
- **Check out [Take N.O.T.E.](#)** Created with the American Academy of Pediatrics, Take N.O.T.E. is a resource for parents who think their child may be showing signs of a learning difference. It helps them identify those signs and take action to support their child.