



## DCDSB Understanding & Supporting All Learners

### Things that may be difficult for your child or teen

- Understanding complex concepts
- Making connections between ideas
- Participating in class or school learning activities
- Making themselves understood
- Social skills or understanding others
- Becoming anxious or overwhelmed when given with too much information
- Maintaining positive self-esteem

### Strategies to help your child or teen

- Continue to provide a positive environment. Provide praise and encouragement, and let your child know you believe in them.
- Your child's personal interests should be included in learning activities to help keep them interested.
- Break down tasks/instructions by "chunking"
  - Provide only a few steps at a time so your child doesn't have to hold so much in their mind
- Instructions should be simple, concrete, and explicit
- Repetition, repetition, repetition
  - In order to master knowledge and skills, your child will need a lot of practice and guidance
- Stick to a routine. Visual schedules can be very helpful. The following website can help with creating them:  
<https://connectability.ca/visuals-engine/>
- Ensure your child's safety needs are met as they will have difficulty doing this for themselves.
- Help your child build daily life skills such as bathing, helping with chores, learning what different traffic signs and warning labels mean, and having conversations with others.

### Additional Resources

<http://www.edu.gov.on.ca/eng/general/elemsec/speced/planindep/1.html>  
<http://communitylivingontario.ca>

### What is an Intellectual Disability?

- Significant difficulties cognitive functioning (intelligence)
- Difficulty with doing daily living skills on independently (e.g., communication, learning, social skills, self-care, keeping safe)
- This disability is considered life-long.

### What does this mean for your child or teen?

- It's not that they are lazy
- Your child has a hard time understanding information
- Your child will need more support to complete tasks
- As your child gets older, they may be unable to complete the same tasks as other people their age
- Just like any other child, your child has certain areas they will excel in compared to other areas

*This resource is not intended for diagnostic purposes. It is to be used as a reference for your own understanding and to provide information about the different kinds of difficulties you may encounter in your classroom.*

