



Rifka Schönfeld **STRATEGIES**

THE NEWSLETTER FOR OPTIMUM SUCCESS

TIPS ON SOCIAL SKILLS FOR ADULTS & CHILDREN

Dysgraphia: The Overlooked Learning Disability

Dear Readers,

This week's newsletter will discuss the overlooked learning disability: Dysgraphia.

Rifka Schönfeld
STRATEGIES

QUESTION:

My son has a terrible illegible handwriting and has a very hard time with writing. Is there anything I can do about this?

The Direction YOU NEED to Succeed!

**BOOK
YOUR
SESSION
TODAY!**

New! Scheduling in Lakewood!



EVALUATION AND REMEDIATION

Get help with GED, regents, CLEP, NYS exams, kiryah, English and math



SOCIAL SKILLS TRAINING

Language and communication skills for children, teens and adults
Includes: Anxiety, OCD, autism, ADHD, oppositional defiant disorder, ADD/ADHD, friendship skills, self-esteem, executive function disorder (EFD).



SHIDDUCH COACHING

Private sessions on life-preparedness for shidduch aged young adults



PROFESSIONAL TRAINING

Social skills training for coaches, therapists and guidance counselors



EDUCATIONAL WORKSHOPS

Educational talks/workshops to teachers and staff
Includes: Anxiety, OCD, bullying, ADHD, oppositional defiant disorder (ODD), friendship skills, self-esteem, executive function disorder (EFD).



PHONE OR SKYPE SESSIONS

Can't make it into Brooklyn? No problem!
We offer phone and skype sessions.

Photo: SHUTTERSTOCK/ARTURBONDAR



Rifka Schonfeld
DIRECTOR OF S.O.S.

718.382.5437 // rifkaschonfeld@gmail.com
www.rifkaschonfeldsos.com

Rifka Schonfeld
STRATEGIES

ANSWER:

It's hard for people to understand that children can have a learning disability that affects only writing. Most people assume that if you have no trouble reading, then writing should be a cinch. Or, parents assume that trouble with writing is a physical impediment rather than a mental one. Dysgraphia, a learning disability that affects writing abilities, debunks these myths.

Dysgraphia can manifest itself as difficulties with spelling, poor handwriting and trouble

putting thoughts on paper. However, children who suffer from dysgraphia often have reading skills that are on par with other children their age. Dysgraphia is not simply a motor problem, but also involves information processing skills (transferring thoughts from the mind through the hand onto the paper). If your child has trouble in any of the areas below, additional help may be beneficial:

- Tight, awkward pencil grip and body position
- Illegible handwriting
- Avoiding writing and drawing tasks
- Tiring quickly while writing
- Saying words out loud while writing
- Unfinished or omitted words in sentences
- Difficulty organizing thoughts on paper
- Large gap between written ideas and speech

Depending on your child's age, there are different strategies that are effective.

For young children who are just learning how to write, here are some suggestions:

- Use paper with raised lines so that children can feel the lines on the paper, allowing them to stay on track.
- Experiment with different pens and pencils.
- Practice writing letters with exaggerated arm movements. This will help improve the motor memory without the pressure of the paper.
- Consider introducing a word processor (through a computer) earlier than with other children, but do not eliminate writing on paper.
- Encourage proper grip, posture, and paper positioning. If you aren't sure how to help your child with this – don't push it off too long! The later you correct these concerns, the harder it is to unlearn the bad habits.

For children in elementary school, consider these modifications:

- Alternate the focus of writing assignments. For some assignments, put the emphasis on neatness and spelling and for others put the emphasis on grammar and style.
- Encourage the use of print or cursive, which ever is more comfortable for your child.
- Help make a checklist for editing written work based on: spelling, neatness, grammar, syntax, clear progression of ideas, and organization.
- Encourage writing through low-stress opportunities for writing such as letters, journals, and making shopping lists.
- Create a step-by-step plan that breaks writing assignments into small tasks.

Perhaps the most important thing to remember when dealing with children who suffer from dysgraphia is that they are not "lazy" or "sloppy." In reality, they are struggling mightily to do what most other children can do with little effort. Therefore, recognizing that they are suffering from a learning disability and then taking steps to mitigate their issues is the most beneficial way to address this problem.

SOCIAL SKILLS ANIMATED.

WATCH. LEARN. **FEEL THE DIFFERENCE.**

**CLICK
HERE
TO
WATCH**

