

### FREE INFORMATION SHEET

#### LIGHT HEARTED

Talk in a light hearted way about how everybody is good at some things and bad at others. You can start with yourself and talk about how good you are at cooking, for example, but really don't enjoy gardening. Then pick some other examples from your wider family or circle of friends.

N.B. Give them advance warning that you're doing this in case one of your children says something embarrassing.

#### FAMOUS PEOPLE

Depending on your children's ages, you might want to talk about famous people's strengths and weaknesses. The internet has lots of profiles of people who struggled at school but went on to do very well.

#### ANONYMOUS DESCRIPTIONS

Draw up some anonymous descriptions of individual children and their strengths and weaknesses. These can be quite short: 'I am good at..' followed by a single word and/or picture. For weaknesses it might be better to say 'I find (writing) hard'. Then see if your children can tell who is who.

N.B. You might want to do this separately with your DLD child, especially if they are the youngest in the family.

#### GO ON TO TALK

You can then go on to talk to your DLD child about their difficulties, how they affect them and, especially as they get older, how they can work round them.

#### UNDERSTANDING

Understanding their difficulties should also help them to explain them to other people. But it is likely that you will need to discuss this regularly over time.



#### MORE SUPPORTIVE

With your other children, understanding their brother or sister's difficulties should make them more supportive (though you may need to remind them on occasion). As they get older, they may also be quite good at finding straightforward ways of explaining DLD to other people. N.B. Your speech and language therapist should also work with you to help your child understand their difficulties and explain them to other people.

#### Other Helpful Resources

The Young Person's Identity Card:  
[Education and schools – Afasic](#)

Free DLD Together courses for parents

Contact: [claireh@afasic.org.uk](mailto:claireh@afasic.org.uk)

**Afasic Helpline 0300 666 9410**

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