

If your child is trying his best to learn certain skills but is not able to keep up with his peers, it's important to find out why. Does he/she have a learning disability (LD) or is he/she just taking time to reach childhood milestones. If your child has a LD, the sooner you know, the sooner you can get help. Psychologist Seema Agarwal who also consults on Practo, lists down what parents of children with learning disabilities should know.



**WHAT IS A LEARNING DISABILITY?**

Learning disability is a term used to describe a range of learning problems. These problems have to do with the way the brain gets, uses, stores, and sends out information; around 15 per cent of children have LD. Children with LDs may have trouble with the following skills: reading, writing, listening, speaking, reasoning and math. The most common type of LD is a 'reading disorder'. However, a child does not have an LD if learning problems are due to another cause, such as attention deficit/hyperactivity.



**SIGNS OF LEARNING DISABILITY**

LDs aren't always obvious. However, there are some signs that could mean your child needs help. Bear in mind that children develop and learn at different rates. Let your child's psychologist know if your child shows any of the following signs:

- 1 Preschool children (who may later develop LDs) may have:
  - 2 Delays in language development. By the age of three, your child should be able to talk in phrases or short sentences.
  - 3 Trouble with speech. By three, your child should speak well enough so that adults can understand most of what he/she says.
  - 4 Trouble learning colours, shapes, letters, and numbers.
  - 5 Trouble rhyming words.
  - 6 Short attention span. Between three and five years of age, your child should be able to sit still and listen to a short story. As your child gets older, he/she should be able to pay attention for a longer time.

# How to deal with your child's learning disabilities

One of the best ways to deal with learning disabilities is to identify them early so that you can address them with love, support and special teaching techniques

**SCHOOL-AGED CHILDREN AND TEENS WITH LDs MAY FIND IT DIFFICULT TO:**

1. Follow directions.
2. Get and stay organised at home and school.
3. Understand verbal directions.
4. Learn facts and remember information.
5. Read, spell, or sound out words.
6. Write clearly (may have poor handwriting).

**WAYS TO HELP YOUR CHILD**

- Focus on strengths.
- All children have special talents as well as weaknesses. Find your child's strengths and help him/her learn to use them. Praise when the child does a task well.



**DEVELOP SOCIAL AND EMOTIONAL SKILLS**

LDs combined with the challenges of growing up can make your child sad, angry or withdrawn. Help your child by providing love and support while acknowledging that learning is hard because his/her brain learns in a different way. Try to find clubs, teams that focus on friendship and fun - to help build confidence.

by encouraging him/her to consider their strengths and interests when making education/career choices. There are special career and vocational programmes that teach decision-making and job skills. Many colleges also have programs designed for students with LDs.

**REMEMBER**

Children with learning disabilities can learn and succeed if they get the right help and support.

**PLAN FOR THE FUTURE**

You can help your child plan for adulthood



**WHAT CAUSES LEARNING DISABILITIES?**

There can be many possible causes. The causes aren't always known, but in many cases it's genetic. Other factors include low birth weight and prematurity, or an injury or illness during childhood (for example, head injury, lead poisoning, a childhood illness, etc).

**IS THERE A CURE?**

There is no single cure for this but there are many things that can be done to help children overcome their LD and live successful lives.

Be cautious of people and groups who claim to have simple answers or solutions. You may hear about eye exercises, body movements, special diets, vitamins, and nutritional supplements. There's no good evidence that these work.



**WHO CAN HELP?**

If you're concerned that your child may have LD, talk with your child's teacher and psychologist.

Teachers and other education specialists can perform screening or evaluation tests to determine if there's a problem. Most children who have problems learning can reach their goals by developing different ways of learning with the help of special educational services.

# It's time for Self Love

If you want a successful and long-lasting friendship, learn to have a healthy self-image and love yourself first. People who love themselves are less likely to suffer from anxiety or depression; self-love also paves the way for a positive mindset, which is an essential ingredient for success in life and for mental wellbeing. Read on...



Environment around you is always safe. Your beliefs actually create your relationships and not the other way around as is commonly misunderstood. This is why it is extremely important to first have a healthy self-image.

**Sense of trust and self-confidence**

Just as air, food, water and shelter are essential for our physical well-being, friendships sustain our emotional well-being. A healthy relationship provides a sense of being safe and cared for in the presence of another. Unfortunately everyone experiences some form of trauma in relationships in our early years. As children, we tend to believe that adults know better and therefore, if something goes wrong, we blame ourselves. Unfortunately this unconscious programming carries

on well into our adult years if left unchecked. Which is why, we often grow up with low self-confidence and/or self-worth issues. In terms of behaviour, these manifest as abandonment issues or trust issues as well. It is most important to have the greatest relationship with yourself first. You need to believe that you are a good human being, that you are worthy of being cherished and honoured, and the emotional envi-

**LEARN TO LIKE YOURSELF**

**Get your confidence going**

Every person has some issue that they are either working on, or have temporarily set aside because they feel it is something they are not prepared to deal with yet, or are completely unaware that they are carrying with them. Whatever be the case, this is what leads to that uneasy lack of confidence within.

**Only you completes you**

Only when you are a whole person can you bring wholesomeness to the table. When we look for completion in others - be it a friend or a classmate, we end up being hurt in the bargain because of an unrealistic expectation. This in turn causes us to blame or criticise ourselves, or adopt the victim-based 'poor me' approach. Both of which are only hurtful to ourselves. When you have good self-worth, you find it easy to forgive yourself for your mistakes, because your inherent belief that you are actually a good person is what withstands the tests of time.

**PUT YOURSELF FIRST**

- BE BRAVE:** Identify where you're hurting. If you think you need professional help about self-worth: Talk to a therapist to see you through this.
- GIVE:** yourself time. Don't be hasty to see results.
- BE YOUR OWN BEST**

- FRIEND:** Treat yourself like you would want your best friend to treat you. Lovingly.
- HOPE & JOY: HAVE FAITH** A victim-like whining or blaming approach is what will keep you down. Only genuine hope and joy will see you through.

**Activities BOX**

**MIND TEASERS (MIXED BAG)**

- Q.1) When did India's passenger train services take off in India?**  
A. April 16, 1853  
B. April 16, 1962
- Q.2) What is the name of the cyclone that is likely to hit Odisha and Kerala in a day or two?**  
A. April 16, 1900  
D. April 16, 1866

- A. Helen B. Jupiter  
C. Fani D. Corona
- Q.3) How much of the human body is made up of water?**  
A. 10% B. 60%  
C. 30% D. 90%

- Q.4) Who said IPL 2019 is a stepping stone for the ensuing World Cup?**  
A. Sourav Ganguly  
B. David Warner  
C. Ravi Shastri  
D. Rashid Khan

**ANSWERS**

1. B) April 16, 1853 2. C) Fani 3. B) 60% 4. B) David Warner



## REIMAGINING THE FUTURE OF EDUCATION.

Inviting principals and school leaders to The Times of India Principals' Conclave on a virtual platform.

Join us for an enriching day where we share our experiences, attend expert talks and have interactive panel discussions with people of the fraternity.

THEME: Reimagining the Future of Education

DATE: 25<sup>th</sup> Feb, TIME: 10: 30 AM onwards

**KEY SPEAKERS**

- Devdutt Pattanaik, Author Mythologist, Belief, Leadership & Culture Consultant
- Ramanan Ramanathan, Mission Director, Atal Innovation Mission, NITI Aayog
- Srimathi Shivashankar, Corporate Vice President, HCL Technologies
- Dr. Swati Popal Vats, President, Early Childhood Association



REGISTER NOW for the Virtual Conclave

Connect with Pooja Singh 9717211060  
principalsconclave@c2m.in



CO - SPONSORS





Mark Wood (in pic), Jonny Bairstow have been added to England squad for 3rd Test against India

# ROTATION POLICY DEFIES LOGIC?

As if their comprehensive defeat in the second test against India was not bad enough, England's rigid rotation policy has now prompted complaints that test cricket is no more their priority. England have maintained the rotation policy was aimed at limiting a player's time in bio-secure bubbles

## 'WHY BUTTLER AND BAIRSTOW WERE NOT RESTED FROM THE TWENTY20 MATCHES INSTEAD?'

- The team under Joe Root had embarked on their Asia tour by leaving out speedster Jofra Archer and all-rounder Ben Stokes for the Sri Lanka leg as part of their policy to keep multi-format players fresh. Jonny Bairstow, Sam Curran and Mark Wood were rested for the first two tests against India after England's 2-0 sweep in Sri Lanka.
- Jos Buttler returned home after the first match in India and Moeen Ali was granted leave after playing the second test in which he was England's most successful bowler as well as their second-innings top scorer. Moeen will rejoin the team in India ahead of the five-match Twenty20 series next month but former England captain Michael Vaughan questioned the tinkering with the squad.
- Vaughan questioned why Buttler and Bairstow were not rested from the Twenty20 matches instead. "I just feel sorry for Joe Root," Vaughan wrote. "I don't know what is going on behind the scenes but if I was Test captain I would not be agreeing to it. I want my best team playing every game this year."
- All the same, England's Twenty20 preference would be understandable considering they will return to India later this year chasing a second 20-overs World Cup title.
- Vaughan's former teammate Kevin Pietersen and Australia spin great Shane Warne were also baffled by England's handling of their players. Warne tweeted, questioning "why England decided to rest players with 7/8 (days) till the next one. Is that not enough time to recover? Needed 2 weeks? Really?"
- The third test, a day-night game, begins in Ahmedabad on Feb. 24. Root has no complaints with the squad at his disposal though. "I think we've got some wonderfully talented players and a squad of players that is more than capable of winning here," he said after Tuesday's loss in Chennai.

After 2019 we were told England's priority would be winning back the Ashes. But in four Test matches this year they have already used 19 players. That to me, shows Test cricket is not the priority.  
**MICHAEL VAUGHAN,**  
former England captain



I think the rotation policy is something we need to get on with and make it work as best as we can. People do need to see their families, we are trying to make life for our players as comfortable as possible. We just need to make it work, people need to spend some time with their families. We prioritise Tests and T20s equally, T20 World Cup is here in India, but we need to make sure that everyone stays in top form, and in order to do that, we need to rotate players and look after them. I can guarantee you we are not prioritising anything above Test cricket.



**CHRIS SILVERWOOD,** England head coach

## INCONSISTENCY IN SPIN DEPARTMENT BIGGEST ISSUE FOR ENG: NASSER HUSSAIN

England need not moan about the condition of Indian pitches and instead rectify inconsistency in their spin department if they want positive results in the remaining two Tests against India, feels former captain Nasser Hussain. "If you compare that to how India's two spinners bowled and the control of Ravichandran Ashwin, they didn't do anything magical, they just jammed it in there ball after ball," said the 51-year-old Hussain, who played 96 Tests between 1990 and 2004. "If you're asking me the main reason why England lost the Test match, I would say if you look at India's main two spinners - Ashwin and Axar Patel - they were more consistent than the England spinners," he added.



Chris Morris (RR)  
₹16.25 Cr

## MORRIS becomes most expensive signing in IPL auction history

South African pacer Chris Morris, who was released by Royal Challengers Bangalore ahead of IPL 2021 mini-auction, created history by becoming the most expensive player in the history of IPL. Morris surpassed Yuvraj Singh (₹16 cr) to become the costliest player in IPL auction history

### OTHER NOTABLE SIGNINGS

- ▶ **GLENN MAXWELL** (RCB) - ₹14.25 Cr
- ▶ **JHYE RICHARDSON** (PK) - ₹14 Cr
- ▶ **K GOWTHAM** (CSK) - ₹9.25 Cr
- ▶ **RILEY MEREDITH** (CSK) - ₹8 Cr
- ▶ **MOEEN ALI** (CSK) - ₹7 Cr
- ▶ **SHAHRUKH KHAN** (CSK) - ₹5.25 Cr
- ▶ **SHIVAM DUBE** (RR) - ₹4.4 Cr
- ▶ **ADAM MILNE** (MI) - ₹3.20 Cr

\*As per latest reports before going to print



Jennifer Brady

## BRADY TO FACE OSAKA IN AUSTRALIAN OPEN FINAL

American 22nd seed Jennifer Brady reached her first Grand Slam final after beating 25th seed Czech Karolina Muchova 6-4, 3-6, 6-4 in an Australian Open semi-final encounter that lasted nearly two hours

She faces Naomi Osaka in the final as the Japanese beat 23-time Grand Slam champion Serena Williams earlier in the day. Muchova saved as many as five match points off Brady's serve in the final game. Brady raced to a 30-0 lead and then got to her first match point at 40-15. However, Muchova then won the next three points consecutively before Brady held to make it deuce for the first time in the game. The pair then exchanged advantages over the next nine points before Muchova hit a return long, giving Brady the victory.

I can't feel my legs right now. They're shaking, my heart is racing. After the first set, I thought to myself, 'let's focus Jenny.' I actually felt strange when I came out, I was excited but also a bit flat-footed. I don't think I had that much intensity in the beginning of the match, but that improved over time.

I think it will be a really tough match against Naomi Osaka. She's won a few Grand Slams, and we had a really great battle at the US Open, in the semi-final. I'm just going to hang with my team now, spend some quality time, do some recovery work and have a good gym session. I'm going to be a bit nervous tomorrow, but also very excited.

JENNIFER BRADY

## QUIZ TIME!

**Q1:** After Muttiah Muralitharan, which player has won the most Player of the Series awards in Test cricket?

- a) Shane Warne  b) Richard Hadlee   
c) Imran Khan  d) Jacques Kallis

**Q2:** In which year did Serena Williams complete her career singles Grand Slam with a win over sister Venus in the Australian Open final?

- a) 2002  b) 2003  c) 2004  d) 2005

**Q3:** In 2012, which player's record did Brendon

McCullum surpass for highest score in ICC Men's T20 World Cup?

- a) Chris Gayle  b) Tamim Iqbal   
c) Alex Hales  d) Ahmed Shehzad

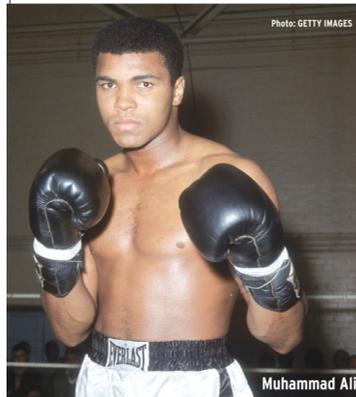
**Q4:** Birgit Fischer has won four Olympic medals in her 24-year kayaking career?

- a) Five  b) Six   
c) Seven  d) Eight

**Q5:** After Sachin Tendulkar, which player has won the most Player of the Match awards in One Day Internationals?

- a) Jacques Kallis  b) Virat Kohli   
c) Sanath Jayasuriya  d) Ricky Ponting

**Q6:** In 1964, Muhammad Ali won the heavyweight World Championship for the first time after beating which boxer?



Muhammad Ali

- a) Sonny Liston  b) George Foreman   
c) Floyd Patterson  d) Joe Frazier

**Q7:** Which cricketer has played most matches in ICC Men's T20 World Cup?

- a) Shahid Afridi  b) MS Dhoni   
c) Tillakaratne Dilshan  d) Mahela Jayawardene

**Q8:** In which year did Rafael Nadal win his first French Open title?

- a) 2004  b) 2005  c) 2006  d) 2007

**Q9:** Who won the 2010 NBA Coach of the Year award?

- a) Scott Brooks  b) Mike Brown

- c) Byron Scott  d) Tom Thibodeau

**Q10:** After Virat Kohli, which Indian player has made the fastest 1000 runs in T20 Internationals?

- a) KL Rahul  b) Rohit Sharma   
c) Shikhar Dhawan  d) Virat Kohli

**Q11:** In which year did Simona Halep reach the final of the French Open, her first Grand Slam final?

- a) 2013  b) 2014  c) 2015  d) 2016

**ANSWERS:** 1 d) Jacques Kallis 2 b) 2003  
3 a) Chris Gayle 4 d) Eight  
5 c) Sanath Jayasuriya 6 a) Sonny Liston  
7 c) Tillakaratne Dilshan 8 b) 2005  
9 a) Scott Brooks 10 a) KL Rahul 11 b) 2014