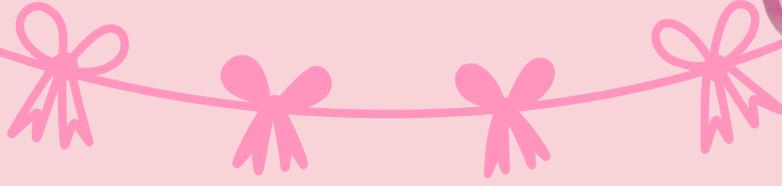


CHRIZMIE MOSTERT



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The SAD REALITY of children with learning disabilities is that it is not

VISUALLY VISABLE

ADHD, Dyslexia, Dysgraphia, Dyscalculia etc / Learning Disabilities ARE JUST LIKE children with physical disabilities. They still have a DAILY struggle.

By expecting a child with ADHD to write an essay, stay on task and to sit STILL on his own, is the same as to ask a child in a wheelchair to run around the rugby field.

Yes, the child in the wheelchair can get out of his chair and drag his body around the field but imagine the amount of **EFFORT** that child needs to put in! THE REALITY is, the same amount of EFFORT is being put in by an ADHD child to cope with daily scholastic activities.





DYSCALCULIA

Dyscalculia – Understanding Numbers Differently

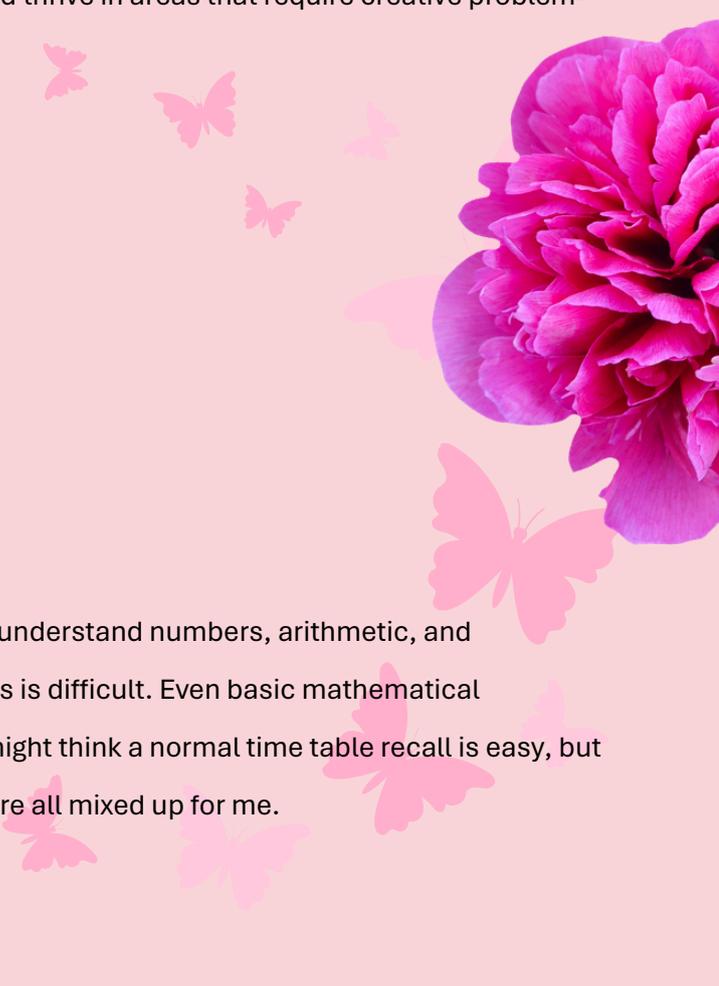
Dyscalculia is a learning difference that makes understanding numbers, calculations, and math concepts more challenging, even for students with high intelligence and creativity. It is not a lack of effort — it is simply the brain processing numerical information differently. While dyscalculia can make schoolwork frustrating, there are effective ways to overcome these challenges. Using a scribe, having typed test schedules, and access to planning aids can make a world of difference, helping students stay organized, follow instructions, and focus on understanding rather than memorizing. Tools like calculators are not an unfair advantage — even with a calculator, numbers can still get reversed or typed incorrectly, such as entering 24 instead of 42. Visual aids, step-by-step guides, and supportive technology allow students to learn at their own pace and reduce anxiety. With the right support, patience, and tools, individuals with dyscalculia can succeed academically, build confidence, and thrive in areas that require creative problem-solving.

Strengths

- Creative problem-solving in non-mathematical areas
- Strong verbal and storytelling abilities
- Artistic and musical talents
- Empathy and interpersonal skills
- Persistence and resilience

What Dyscalculia Is

Dyscalculia is a learning difference that affects the ability to understand numbers, arithmetic, and mathematical concepts. The numerical mental manipulations is difficult. Even basic mathematical calculations is difficult to understand and to do for us. You might think a normal time table recall is easy, but it is one of the most difficult for me to remember. Numbers are all mixed up for me.



Signs

- Difficulty recognizing numbers and symbols
- Trouble with basic arithmetic
- Difficulty understanding time, money, and measurements
- Struggles with remembering math facts
- Anxiety around math tasks

Causes

- Genetic factors
- Brain differences in numerical processing
- Often co-occurs with dyslexia or ADHD

Common Challenges

- Managing everyday tasks involving numbers
- Understanding math concepts in school
- Low confidence in math-related subjects
- Math anxiety

Support Strategies

- Visual aids (charts, diagrams, color coding)
- **Step-by-step instructions with repetition**
- **Real-life examples (shopping, cooking, sports)**
- **Technology tools (calculators, math apps)**
- **Confidence-building encouragement**

Conclusion

ADHD, Dyslexia, and Dyscalculia are not barriers to success—they are unique perspectives that bring creativity, resilience, and innovation into the world. With empathy, understanding, and the right support, individuals with these learning differences can thrive academically, socially, and personally. An Educational Psychologist is vital in assisting to explain the struggles you face.



Do you have? ADHD / DYSLEXIA / DYSCALCULIA?

Advocating MTUSA

Affirmation Project

01

Accept yourself just
the way you are.
Be proud of who
you are!

02

Make technology
your friend! Use
electronic
calendars and print
them out!


**MY
PERSONAL
TIPS FOR
ADHD AND
DYSLEXIA**

05

Keep a strict
routine! Set goals
for yourself to
achieve!

04

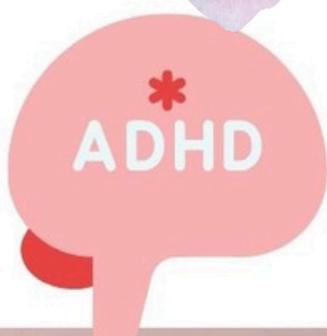
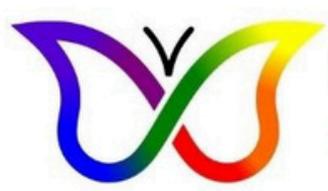
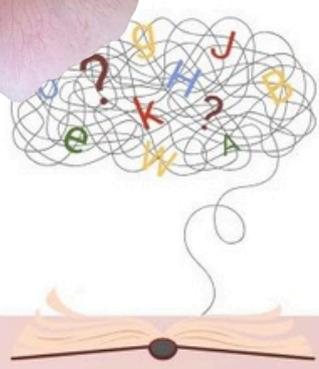
Use a Natural
Reader program
to read all written
text to you.

03

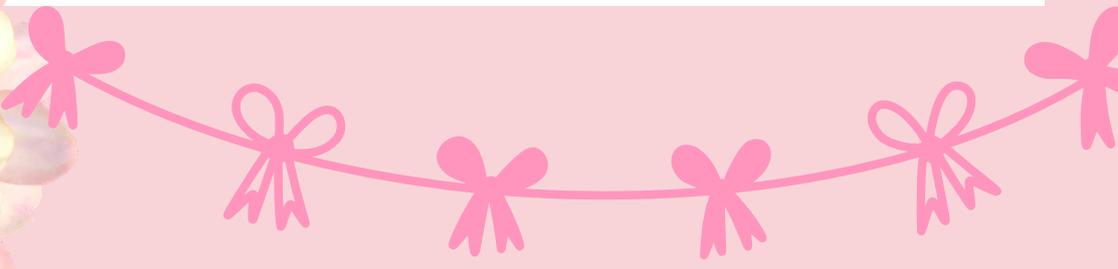
Change all your
writing to size 16
and put spaces
in between!

Chrismie Mostert





MY AFFIRMATION PROJECT
MTUSA





Affirmation Project

LIFE IS HARD, BUT IF WE DONT TRY WE WILL NOT SUCCEED

Don't focus on others achievements, be your own measurement! Reach for your own goals!

Do things that makes you happy! Focus on the things you are good at!

