

Understanding your Developmental Language Disorder

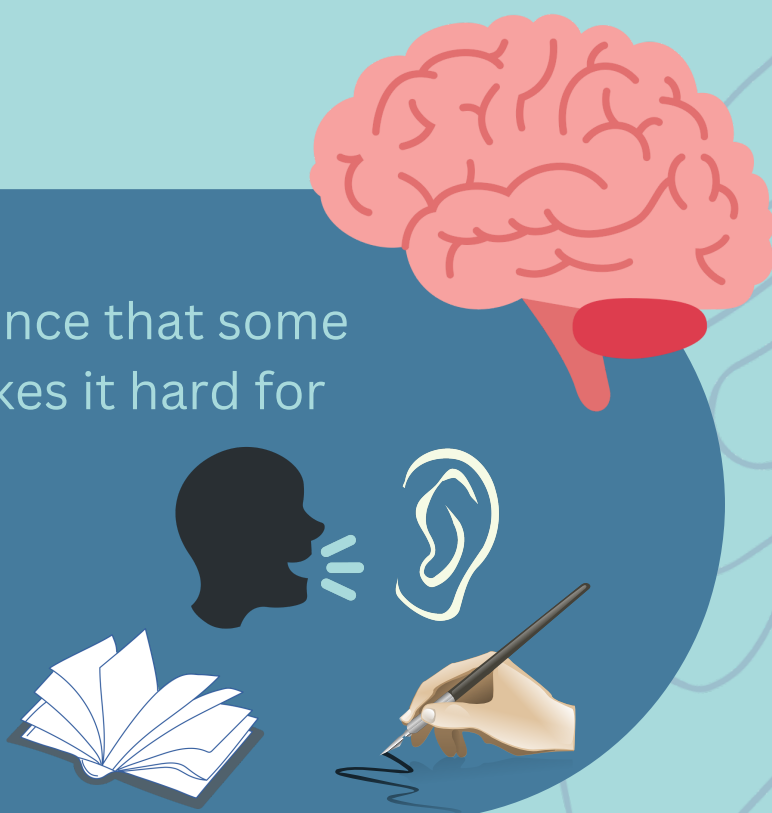
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DLD and ME

What is DLD?

DLD is a brain difference that some people have that makes it hard for them to...

- speak
- listen
- read
- write



Why do I have DLD?

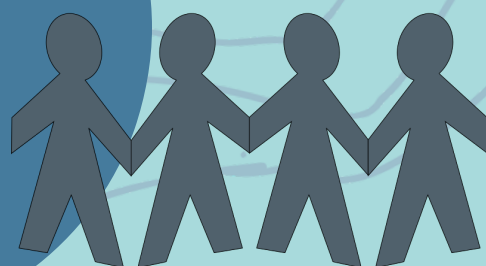
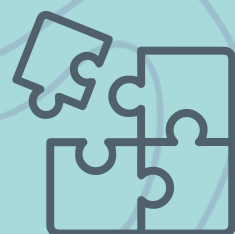
- Scientists don't know exactly why some people have DLD
- Lots of people have it! About 2 children in a class will have DLD

2/30



Will my DLD ever go away?

- No, you will always have DLD but you will get better at saying what you want to say and talking with others.
- You will learn lots of strategies to help you, and your parents, teachers, and friends will help too!



What does DLD look like in kids?

A younger person with a DLD may have a hard time...

- Putting words together when speaking or writing
- Learning new words
- Making conversation - they might make lots of mistakes when speaking
- Following directions because they don't fully understand the words



What does DLD look like in adults?

An older child or adult with a DLD may have a hard time...

- Finding the right words
- Understanding non-literal language
- Reading
- Clearly telling a story from the beginning to the end
- Spelling - they might make lots of mistakes



How do I tell someone about my DLD?

Let them know that you have DLD

1

"I have developmental language disorder which means that my brain takes a bit longer to understand and think of words and sentences"



2

Let them know that...

- It might take a bit more time for you to get your words out and think of some words
- If you don't respond right away it means you are thinking about what they said and what to say next

"If I don't respond right away I am thinking about what you said and what I want to say next. It might take some time for me to get my words out."

3

Ask them to...



- Please be patient!
- Look at me and face me when you are talking to me
- Repeat key words and phrases
- Use clear statements and ask clear questions
- Show me pictures, symbols, or write it down to help me understand your message

"Please be patient as I think of my words. It helps me when you look right at me when you speak to me, repeat key words, use clear statements, and use pictures to help me understand what you are saying."

What can I do to make my DLD better?

Helpful strategies from people with DLD

1. When you can, plan what you want to say before you say it (e.g., ordering at a restaurant)
2. Pause to think about what you want to say before you say it
3. If you can't think of a word, use other words to describe it
4. Set reminders on your phone or other devices
5. Write or draw things on a whiteboard around your house to remember
6. Find a support group near you to discuss strategies and experiences
7. Find what works for you to stay calm and energized (e.g., taking a break, getting enough sleep, doing hobbies you love, playing with pets)
8. Get to know other people with DLD, share your experiences, and share what works for you!

For more information check out these sites and videos!

Living with DLD as a Teenager: https://www.youtube.com/watch?v=CzZEHpMJ_JE

Living with Developmental Language Disorder <https://www.youtube.com/watch?v=KrOISXtCgVA>

Lily Farrington's Amazing DLD animation https://www.youtube.com/watch?v=rwOfkj0dj_0

Many great videos about DLD, stories from people with DLD, their families, and their experiences <https://www.youtube.com/@RADLD>

More information about DLD: [https://www.nidcd.nih.gov/health/developmental-language-disorder#:~:text=Developmental%20language%20disorder%20\(DLD\)%20is%20a%20communication%20disorder%20that%20interferes,lack%20of%20exposure%20to%20language.](https://www.nidcd.nih.gov/health/developmental-language-disorder#:~:text=Developmental%20language%20disorder%20(DLD)%20is%20a%20communication%20disorder%20that%20interferes,lack%20of%20exposure%20to%20language.)