



Language Problems

People with language problems can have a hard time keeping up with conversations and they can struggle to put their own thoughts into words. They may also have a hard time with reading or writing. These problems can make you feel nervous to talk to people, can make it hard to complete assigned work, and they can make you feel frustrated, ashamed, and nervous. Using the following tips can be helpful:

1. Do not be afraid to speak up if you are having trouble understanding someone. Ask the person you are talking to, to repeat themselves or ask their question in a different way.
2. If you are having trouble following what people say, you may find it helpful to write down or record important information or tasks on paper or by voice memo on your phone.
3. If you have a hard time communicating your ideas out loud, try using notes or electronic devices (e.g., cell phones, computers, tablets) to express yourself.
4. To better follow what you are reading, try to read in places with no distractions. You can read sentences aloud to yourself when possible and use a bookmark or finger to focus on one line at a time and not lose your place.
5. Sleep is essential for language, and not getting enough sleep can make your language problems worse. Review and use the attached sleep checklist to improve your sleep.