

A FREE GUIDE FOR PARENTS

Could Your Child Benefit From Extra Support?

5 SIGNS YOUR CHILD MAY BENEFIT
FROM EXTRA SUPPORT

A simple guide for parents who have questions about their child's learning, focus, confidence, or school experience.

You Know Your Child Best

Every parent notices things no test can capture — the effort behind the grades, the tears after homework, the bright ideas that never quite make it onto the page.

Children can be bright, curious, and capable — and still struggle with learning, homework, focus, or school. These two things aren't in conflict. In fact, they often go hand in hand.

Do any of these sound familiar?

- Homework takes far longer than it seems like it should
- Grades don't seem to match how sharp your child clearly is
- Teachers mention similar concerns year after year
- Your child gets frustrated, anxious, or shuts down around schoolwork
- You've wondered if something more is going on, but aren't sure what

The first step isn't to label your child. It's to understand your child.

Learning Feels Harder Than It Should

Some children put in real effort and still find schoolwork exhausting. If learning seems to take more energy than it should, it's worth paying attention to.

- Reading takes longer than expected for their age
- Writing is a struggle — even when ideas come easily out loud
- Math brings frustration, tears, or avoidance
- Performance changes a lot from one day to the next
- Speaking is much easier for them than writing things down

“Does my child not understand the work — or is something about the way they learn making the work harder?”

Focus & Finishing Tasks Are a Challenge

Executive functioning is the set of mental skills we use to start tasks, stay organized, and follow through — think of it as the brain's project manager. When these skills are still developing, everyday tasks can feel much harder than they look.

- Homework takes far longer than it should
- Needs frequent reminders to stay on task
- Frequently forgets or loses assignments
- Struggles to follow multi-step directions
- Gets distracted easily by sounds, sights, or thoughts
- Trouble starting tasks — or finishing them once started
- Struggles to keep belongings and work space organized

“Is my child choosing not to focus — or finding it hard to focus, no matter how hard they try?”

The Effort Doesn't Match the Results

Some children work hard and still don't get the results you'd expect. That gap between effort and outcome can be confusing for everyone — including your child.

“I know my child can do this. Why isn't it showing?”

Examples families notice:

- Studies hard, but test scores don't reflect it
- Does noticeably better one-on-one than in a group
- Speaks confidently but struggles to write it down
- Results vary widely day to day or subject to subject
- Feels discouraged despite trying hard
- Isn't reaching what you know they're capable of

Effort and outcome usually move together. When they don't, it's worth finding out why.

School Is Affecting Your Child's Confidence

When school feels hard often enough, it can start to shape how a child sees themselves — not just how they perform.

- Avoids homework, reading, or school-related tasks
- Tears or meltdowns around schoolwork
- Afraid of making mistakes
- Gives up quickly when something feels difficult
- Negative self-talk — “I'm not smart,” “I can't do this”
- Compares themselves unfavorably to classmates

A struggling child isn't necessarily an unmotivated child.

You or the School Keep Seeing the Same Concerns

One hard week doesn't mean much on its own. But when the same concerns keep showing up — at home, at school, over months or years — that pattern matters.

Sound familiar?

“Your child isn't working up to their potential.”

“They have trouble staying focused.”

“They're falling behind.”

“They need frequent reminders.”

“They're capable, but...”

When the same words keep coming up — from different people, in different settings, across time — that consistency is information.

Your Parent Self-Check

Use this checklist to reflect on patterns you've noticed. There's no score to calculate — just a starting point for the conversation.

- Homework regularly takes much longer than expected
- These patterns have lasted 6 months or more
- Teachers have raised similar concerns across school years
- My child understands ideas but struggles to show it in work
- My child's confidence around school has noticeably changed
- Multi-step directions are hard for my child to follow
- My child avoids or resists schoolwork, reading, or writing
- I've noticed similar patterns at home and at school
- My child works much harder than peers for similar results
- I have an ongoing feeling something more may be going on

This checklist is for educational purposes only and does not diagnose ADHD, autism, learning disabilities, or any other condition.

If several of these feel ongoing rather than occasional, it may be worth seeking additional guidance.

The better question is: What does my child need?

What Could Be Behind These Challenges?

The signs in this guide can show up for many different reasons. A comprehensive evaluation helps identify which of these — often more than one — may be part of the picture for your child.

Attention & Executive Functioning

Focus, task initiation, planning, and follow-through.

Learning & Academic Skills

How reading, writing, and math skills are developing.

Cognitive Processing

How the brain takes in, organizes, and uses information.

Developmental Differences

Differences in social communication, flexibility, or development.

Emotional Factors

Anxiety, stress, or self-esteem that can affect performance.

These factors often overlap, and one can look like another on the surface.

A comprehensive evaluation looks at the child as a whole.

What Can a Comprehensive Evaluation Tell You?

A comprehensive psychoeducational evaluation looks closely at how your child learns, thinks, and functions — not just how they perform on a single test.

- **Learning**
- **Cognitive Abilities**
- **Academic Achievement**
- **Processing**
- **Attention**
- **Executive Functioning**
- **Memory**
- **Social-Emotional Functioning**
- **Behavioral Patterns**

The goal isn't just a report. It's clarity, understanding, and practical recommendations.

What Happens After an Evaluation?

An evaluation isn't the finish line — it's the beginning of a plan built around your child.

Clarity

A clear picture of how your child learns and where they need support.

Understanding

Insight into the “why” behind what you've been seeing.

Recommendations

Specific, individualized guidance — not generic advice.

Next Steps

A practical plan for school, home, and beyond.

Recommendations often address school supports, homework routines, organization, attention and executive functioning strategies, parent support, and communication with your child's school team.

What About School-Based Support?

Schools play an important role in supporting students, and many children benefit from interventions, accommodations, specialized instruction, or a school-based evaluation.

Families don't have to wait until they know exactly what to ask for.

An independent evaluation can offer a comprehensive, outside perspective — helping you understand your child more fully and advocate for them with confidence, whatever path you choose next.

Whole Mind works alongside the school system — not around it — to give families a fuller picture.

What Support Might Be Right for Your Child?

Every evaluation includes personalized recommendations tailored to your child.

Comprehensive Psychoeducational Evaluation

A full picture of learning, cognitive, and academic functioning.

ADHD / Attention Evaluation

Focused assessment of attention and executive functioning.

Learning & Academic Assessment

A closer look at reading, writing, and math skills.

Autism / Developmental Assessment

Assessment of social communication and developmental patterns, when appropriate.

Not sure which type of evaluation makes sense? That's exactly what a consultation can help you determine.

TAKE THE NEXT STEP

Not Sure What Your Child Needs?

Start With a Free Consultation

A free consultation gives you a chance to talk it through with a clinician who understands the full picture.

- Discuss your concerns
- Share what you're seeing at home and school
- Determine whether an evaluation may be appropriate
- Understand possible next steps

BOOK YOUR FREE CONSULTATION

[wholemindps.com](https://www.wholemindps.com)

Ready to Move Forward?

Already know you'd like to pursue an evaluation? You can also explore evaluation options directly.

EXPLORE EVALUATION OPTIONS

A NOTE FOR PARENTS

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ABOUT WHOLE MIND PSYCHOLOGICAL SERVICES

Whole Mind Psychological Services is a team of licensed educational psychologists serving Bay Area families through comprehensive evaluations and personalized recommendations that help families move from uncertainty to clarity and informed next steps.

Whole Mind Psychological Services

Helping Children Thrive in School & Beyond