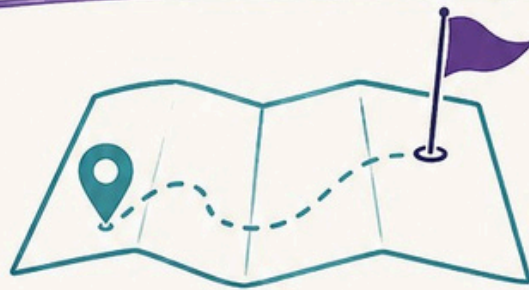


The First 30 Days

After a Dyscalculia Diagnosis

A Parent Action Plan



You just received a dyscalculia diagnosis.
It's normal to feel a mix of emotions.
Take a deep breath.



Your child is the same child they were before the diagnosis.
What changes now is that you have more information and a clearer path forward.



Understand the diagnosis



Build your support team




Take action with confidence



Advocate for your child



Track progress and celebrate growth

You are your child's best advocate. 

Step 1

Welcome



You're Not Alone.

You Have a Plan.

A dyscalculia diagnosis can bring a mix of emotions—relief, overwhelm, questions, and maybe even fear about what comes next.



Take a deep breath.

You've already taken the most important first step.



You Have More Information

Understanding dyscalculia is the key to unlocking support that truly fits your child's needs.



You Have More Direction

With the right strategies and supports, your child can build confidence and make progress.



You Have More Hope

Many children with dyscalculia go on to thrive with the right tools and a strong team behind them.



Your child is the same child they were before the diagnosis.

What changes now is that you have more information and a clearer path forward.



How to Use This Guide

Work through each step at your own pace. Use the worksheets, checklists, and tips to advocate for your child and build the support they deserve.

You are your child's best advocate. Trust yourself. You've got this.




One step. One day. One win at a time.



Step 1

Your First Week Checklist

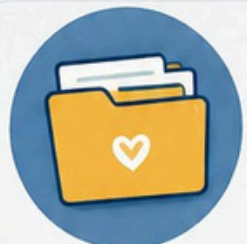
*Small steps today.
Big changes ahead.*


A simple plan to help you take **confident** steps after your child's dyscalculia diagnosis. 



1 READ EVALUATION

- Take time to read the entire report.
- Highlight key findings, strengths, and recommendations.



2 ORGANIZE RECOMMENDATIONS

- Write down the most important recommendations.
- Create an action list of what to focus on first.



3 IDENTIFY ACCOMMODATIONS

- Review suggested accommodations.
- Note which ones your child may need at school and for testing.



4 MEET WITH SCHOOL

- Schedule a meeting with your child's teacher and/or school team.
- Share the report and discuss next steps.



5 FIND SPECIALIZED SUPPORT

- Look for a dyscalculia specialist.
- Ask about their experience, approach, and how they measure progress.



6 BUILD YOUR TEAM

- Surround your child with the right people.
- Include: you, teachers, specialists, and your child.

 *You don't have to do this alone.
One step at a time, you've got this.* 

Step 3

Questions to Ask Your Child's School

You are an important member of your child's team!


Receiving a dyscalculia diagnosis often raises as many questions as it answers. Use this worksheet to help guide conversations with your child's teacher, 504 team, IEP team, interventionists, or other school personnel.



ACCOMMODATIONS & SUPPORTS

- What accommodations are currently available to support my child?

Notes: _____

- Would a 504 Plan or IEP be appropriate based on my child's needs?

Notes: _____

- Which accommodations do you believe would be most beneficial in the classroom?

Notes: _____



MATH INSTRUCTION & INTERVENTION

- What interventions or support services are available for students struggling in math?

Notes: _____

- How is math instruction currently being differentiated for my child?

Notes: _____

- Are there opportunities for additional support during the school day?

Notes: _____



PROGRESS MONITORING

- How will we know if the current supports are working?

Notes: _____

- How is progress monitored and communicated to families?

Notes: _____

- What specific skills are currently causing the greatest difficulty?

Notes: _____



CLASSROOM SUCCESS

- What strengths do you see in my child during class?

Notes: _____

- When does my child seem most successful during math instruction?

Notes: _____

- What situations appear to cause the most frustration or difficulty?

Notes: _____



COMMUNICATION & COLLABORATION

- Who should I contact if I have questions or concerns?

Notes: _____

- How can we work together to support consistency between home and school?

Notes: _____

- When should we schedule a follow-up meeting to review progress?

Notes: _____



Remember: You do not need to have all the answers before attending a meeting. Your role is to ask questions, gather information, and advocate for the support your child needs to succeed.



Step 4

Accommodation Brainstorm Sheet



Not every accommodation is appropriate for every student with dyscalculia. Use this worksheet to identify supports that may be worth discussing with your child's teacher, 504 team, or IEP team.

★ Check any accommodations that you believe may help your child.

School Accommodation	Might Help My Child
Extended time on math assignments and tests	<input type="checkbox"/>
Reduced number of repetitive math problems	<input type="checkbox"/>
Access to a calculator when appropriate	<input type="checkbox"/>
Multiplication chart	<input type="checkbox"/>
Addition and subtraction chart	<input type="checkbox"/>
Formula reference sheet	<input type="checkbox"/>
Number line	<input type="checkbox"/>
Hundreds chart	<input type="checkbox"/>
Graphic organizers for problem-solving	<input type="checkbox"/>
Step-by-step written directions	<input type="checkbox"/>
Visual models and manipulatives	<input type="checkbox"/>
Teacher check-ins during independent work	<input type="checkbox"/>
Small-group instruction	<input type="checkbox"/>
Breaking assignments into smaller chunks	<input type="checkbox"/>
Extra time to process questions	<input type="checkbox"/>
Oral administration of word problems	<input type="checkbox"/>
Reduced copying from the board	<input type="checkbox"/>
Access to teacher notes or guided notes	<input type="checkbox"/>
Alternate ways to demonstrate understanding	<input type="checkbox"/>
Frequent progress monitoring	<input type="checkbox"/>

My Child Struggles Most With:

- Math Facts
- Word Problems
- Number Sense
- Multi-Step Problems
- Computation
- Fractions
- Decimals
- Memorization
- Working Memory
- Math Anxiety
- Organization
- Other: _____

Accommodations I'd Like To Learn More About:

Questions I Want To Ask The School Team:

Remember: Accommodations do not give a student an unfair advantage. They help remove barriers so a student can demonstrate what they actually know and understand.

Step 5

Evaluation Review Worksheet



Use this worksheet to review your child's evaluation and organize the most important information.

This will help you plan next steps with confidence.



Strengths:

What areas of strength were identified?



Areas of Concern:

What areas of difficulty or concern were identified?



Recommendations:

What recommendations were made?



Questions I Still Have:

What questions do I still have after reviewing the evaluation?



Understanding the evaluation is an important step
in creating the right support plan for your child.



Step 6

Building Your Child's

Support Team



Your child doesn't have to navigate dyscalculia alone.

Building the right team can make all the difference.

Use this page to identify the people who are (or will be) part of your child's support team.



PARENT

You! Your love, advocacy, and support are the foundation.

Name: _____

Contact: _____

Role/Notes: _____



TEACHER

The teacher who works with your child every day and sees their progress.

Name: _____

Contact: _____

Role/Notes: _____



SCHOOL TEAM

Counselors, administrators, interventionists, and others who support your child at school.

Name(s): _____

Contact: _____

Role/Notes: _____



SPECIALIST

Tutors, therapists, or outside professionals with expertise in dyscalculia and math learning.

Name: _____

Contact: _____

Role/Notes: _____



STUDENT

Your child is the most important part of the team. Their voice matters.

Name: _____

Strengths I See: _____

How They Learn Best: _____

What Encourages Them: _____



Remember:

Teamwork, communication, and consistency help your child feel supported, understood, and capable.



Step 7

Red Flags

When Looking for Math Support



The right support can change your child's confidence and future.
The wrong support can waste time, money, and energy.



Watch for these red flags when evaluating a tutor, program, or intervention.



ONLY FOCUSES ON HOMEWORK

Homework help is not intervention. Your child needs explicit instruction and skills-based support, not just help getting through assignments.



NO DYSCALCULIA TRAINING OR EXPERIENCE

Dyscalculia is not the same as "just struggling in math." Look for providers who understand how dyscalculia impacts learning.



CANNOT EXPLAIN HOW PROGRESS IS MEASURED

You deserve to know how your child's growth will be tracked and how you will be informed.



NO COLLABORATION WITH FAMILIES

Families know their child best. A good provider values your insights and keeps you in the loop.



ONE-SIZE-FITS-ALL APPROACH

Every child with dyscalculia has unique strengths and struggles. Instruction should be personalized, not generic.



VAGUE OR UNCLEAR ABOUT THEIR APPROACH

If they can't clearly explain what they do, how they do it, and why it works—it's okay to keep looking.

Questions or Concerns I Want to Follow Up On:



You are your child's best advocate. Trust your instincts.
The right support makes all the difference.





ABOUT Susan Ardila



Helping students who learn math differently build confidence, understanding, and success.

I'm a Certified Teacher, Educational Clinician, and Dyscalculia Specialist with more than a decade of experience helping students who struggle with math due to dyscalculia, ADHD, autism, executive functioning challenges, and other learning differences.

Over the years, I've worked with students ranging from elementary school through adulthood, including many who had been told they simply "weren't math people."

I don't believe that.

I believe every student can learn math when they're taught in a way that works for their brain.

I'm here to help your child feel capable in math—and in life.



WHAT MAKES MY APPROACH DIFFERENT?



Specialized Dyscalculia Training



Multisensory Instruction



Executive Function Support



Individualized Intervention Plans



Parent Collaboration



School Support Guidance



Virtual Sessions Nationwide



YOU'VE ALREADY TAKEN THE HARDEST STEP.

Seeking answers.

A diagnosis can feel overwhelming, but it also provides something incredibly valuable: a **starting point**.

With the right support, students with dyscalculia can make meaningful progress, build confidence, and develop a healthier relationship with math.



**FREE
20-MINUTE
STRATEGY SESSION**



Let's Talk About Your Child

We'll discuss:

- ✓ Evaluation findings
- ✓ Current challenges
- ✓ School supports
- ✓ Possible accommodations
- ✓ Intervention options
- ✓ Next steps

Schedule Your Free Strategy Session

www.mindbridgemath.com/book

or

Scan the QR Code



You don't have to figure this out alone.

Let's create a plan together.

