



Bloom ABA



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PARENT GUIDE

Understanding Your Child's Learning Style

A plain-language guide to recognising how your child learns best, and adjusting home support to match.

Why "learning style" matters at home

Every child processes new information differently, and understanding your own child's pattern helps you support homework, routines, and new skills without unnecessary friction. This guide is not a rigid label — most children use a mix of styles depending on the task — but it gives you a practical starting point.

Three common patterns

- Visual — learns best through pictures, diagrams, written instructions, and seeing a task modeled before trying it
- Hands-on (kinesthetic) — learns best by doing, touching, and moving through a task physically, not just watching or listening
- Auditory — learns best through spoken explanation, discussion, and hearing information repeated aloud

Signs to watch for

- ☐ Visual: draws or diagrams to explain ideas, remembers what they saw better than what they heard, prefers written instructions
- ☐ Hands-on: fidgets or moves while thinking, learns new skills faster by trying them than by being told, prefers building or acting things out
- ☐ Auditory: talks through problems out loud, remembers conversations well, prefers being told directions rather than reading them

Adjusting home support

- Visual learners: use checklists, charts, and written step-by-step instructions; colour-code where possible
- Hands-on learners: let them act out a math problem with objects, or walk while reciting spelling words
- Auditory learners: read instructions aloud, use rhymes or songs for memorization, talk through homework rather than assigning silent work

IMPORTANT

A learning style preference is not a diagnosis and does not replace an occupational therapy or psychoeducational assessment. If learning difficulties persist despite adjusting your approach, that is worth raising with your child's school or a qualified professional.

Bringing this into an IEP conversation

If you have identified a clear pattern, it is worth naming specifically at school meetings — "my child retains written instructions better than verbal ones" is more actionable for a teacher than a general request for "more support." See our IEP Goal-Writing Workbook for how to translate this into concrete accommodations.

Bloom ABA can help you build a home routine around your child's actual learning pattern, not a generic template. Book a free session at bloomaba.ca/contact.