



Supporting Children with Dyslexia

Strategies for Parents/Carers

What is dyslexia?

'Dyslexia is a learning difference: a combination of strengths and weaknesses which affects the learning process.' This means that children who have dyslexia learn in ways that are different from other children.'

Some children with dyslexia may struggle with:

Reading	Writing	Telling the time	Spelling Handwriting
Remembering instructions	Organisation	Putting ideas down on paper	
Processing information quickly.			

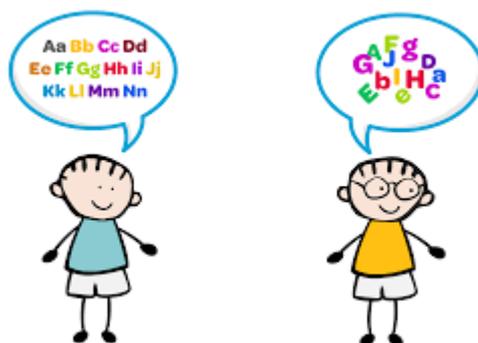
Dyslexia occurs across a range of intellectual abilities. It is best thought of as a spectrum, not a distinct category, as there are no clear cut off points.

1 in 10 people have Dyslexia

You have a tremendous influence on your child's attitude towards reading and writing. Be positive about your child's learning; this can help to develop a positive attitude toward school. It will also help to build their confidence as a learner.

- Your child's success will be greatly increased if he or she feels confident
- Believe in them and show how proud you are of them
- Praise them when they make an effort

Remind them that everybody is good at something and, even though they may find reading and writing difficult, they have other strengths such as sport or art. **Your child is amazing!**



Take a moment to celebrate your child

Write down five amazing things about your child:

- 1.
- 2.
- 3.
- 4.
- 5.



How to listen to your child read

- Set aside a special time and place each day for reading
- Make sure the book is not too difficult.
- 'Warm up' the text up by talking about the title and the pictures on the cover. Look through the book together and discuss the pictures and guess what might happen in the story
- Share the story with your child letting him/her read as little or as much as they feel comfortable with
- Let your child re-read favourite stories if they want to
- Encourage your child to point to each word whilst reading the text
- Ask questions about the story and what might happen
- When you listen to your child read remember to give plenty of praise

Make Reading Fun & Enjoyable!

Helping your child with spelling and writing

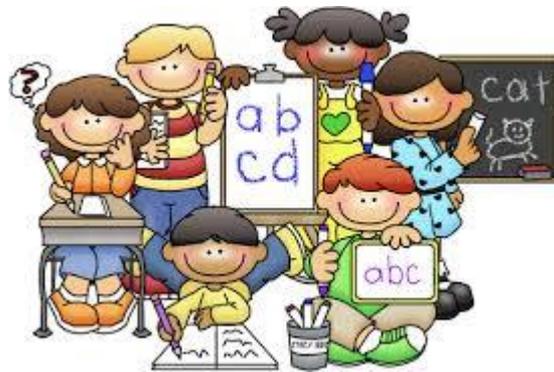
Children learn to spell in different ways which is why there are many different strategies to help them.

Here are some spelling strategies that your child may use:

- Listening for the sounds and breaking them down
- Breaking the word into syllables (clap them out, tap them out)
- Using rhymes, mnemonics, (such as Bacon, eggs and umbrellas to remember the beginning of the word beautiful) and songs to remember a word
- Visual approaches such as remembering the shape of the word

Fun ways to practise spellings

- Write silly sentences using a spelling word in each sentence
- Don't just use pencil and paper, go outside and use chalks on the ground, use bath crayons or a whiteboard and pens
- Mnemonics work well for children to remember their spellings



Writing is a very important life skill and will play an important part in your child's life. Writing should be seen as an **enjoyable fun** experience, here of some writing activities that your child may enjoy:

- Write a note to a family member
- May a list of your favourite foods, animals, pop stars, etc
- Make a menu for the family dinners
- Write five words to describe yourself (or your mum, dad, brother or sister)

Phonological awareness and rhyme

Phonological awareness is achieved when children can break language down into sentences, words can be broken down into syllables and syllables can be broken down into onset and rime. The onset is the initial sound in any word and the rime refers to the string of letters that follow, e.g. cat - 'c' is the onset and 'at' is the rime.

It is also important for children to be able to hear the initial sounds in words and recognise and create rhymes.

Here are some games that will help develop these skills:

- Play alphabet games
- Play I spy
- Clap the beats (syllables) in words
- Read poems and rhymes to your child
- Play rhyming pairs

Ways to help your child's memory

There are lots of fun games to play with your child that will help to improve their memory.

- 'I went to the shop' game
- Ask your child to help you remember items on a shopping list
- Ask your child to 'touch your head then turn around' increase the number of instructions given

Please remember your child is amazing

Some people with dyslexia have done amazing things such as,

Richard Rogers - Designed the Pompidou Centre in Paris

Albert Einstein - Physicist

Toby Baring - Surgeon

Walt Disney - American Icon

Sir Jackie Stewart, OBE - Formula 1 Racing Driver

John Lennon - Musician

Kiera Knightly - Actress



As a dyslexic you learn that you have to work hard. This is a good ethos for life.

Finding help and further advice

Useful Websites

There are many good websites for family learning. A good starting point is to use a search engine, such as Google (www.google.com) or Yahoo (www.yahoo.com). Type in key words or phrases, such as 'Free educational information for children' and see what comes up. Some websites have clearly highlighted sections for parents, teachers and children.

The sites are in two groups: information sites for parents and teachers and activity sites for children and teachers www.learntolearn.org gives ideas on how your child can become a more effective learner.

www.ukeducationguide.co.uk gives homework sites.

www.bbc.co.uk/schools has a large number of educational games and activities available

www.twinkl.co.uk, www.communication4all.co.uk are resource based websites for producing excellent support materials for pupils

www.letters-and-sounds.com Free phonics based games to support the Government's synthetic phonics strategy

www.progresswithquest.co.uk Online resource for learning phonics

www.dyslexiaaction.org.uk Dyslexia Action

www.bdadyslexia.org.uk British Dyslexia Association

www.dyslexia-parent.com Dyslexia Parents Resource