



Supporting a child with Dyslexia – Family guide

Dyslexia is a learning disorder that involves difficulty reading due to problems identifying speech sounds and learning how they relate to letters and words (decoding). Dyslexia also affects areas of the brain that process language.

The British Dyslexia Association (BDA) acknowledges the visual and auditory processing difficulties that some individuals with dyslexia can experience, and points out that dyslexic readers can show a combination of abilities and difficulties that affect the learning process. Some also have strengths in other areas, such as design, problem solving, creative skills, interactive skills and oral skills.

Signs of Dyslexia:

- Difficulty reading, including reading aloud.
- Slow and labour-intensive reading and writing.
- Problems spelling.
- Avoiding activities that involve reading.
- Mispronouncing names or words, or problems retrieving words.
- Poor organisational skills.
- Poor working memory.
- Struggles to remember days of the week/months of the year out of sequence.
- Confuses left and right.
- Can't tie shoe laces at an age appropriate time.

Ways to support a child with Dyslexia at home:

- Encouraging reading.
- Try to build your child's confidence, by balancing praising efforts and strengths, with sensitive constructive criticism to help improve skills.
- Show you understand their difficulties, but know they can overcome when they learn and practise some brilliant strategies.
- Nurture thinking skills.
- Get them to work independently.
- Have your child teach you.
- Break material down into chunks.
- Ensure they get enough sleep.

Websites:

- British Dyslexia Association
<https://www.bdadyslexia.org.uk/dyslexia/about-dyslexia/what-is-dyslexia>
- <https://www.readandspell.com/how-to-help-a-child-with-dyslexia-at-home>
- <http://www.thedyslexia-spldtrust.org.uk/4/resources/284/how-can-i-help-my-child-at-home/>
- <https://www.bbc.co.uk/bitesize/articles/z6mts4j>
- Dance Mat typing <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>
- Touch type club <https://www.typingclub.com/>

- Quertyclub <https://qwertykids.org/>

Publications:

- At Home with Dyslexia: A Parent's Guide to Supporting Your Child, Sascha Roos
- The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain, Brock Eide
- Dyslexia is My Superpower (Most of the Time), Margaret Rooke