

Information on Dyslexia for Parents

Dyslexia affects about 1 in 10 people in the UK. This information will help parents be better informed about when to be concerned, how we will aim to meet their child’s needs and what they can do at home to help.

What is Dyslexia?

Dyslexia covers a wide range of difficulties and it is unique for each individual. Dyslexia causes difficulty in the skills needed for learning to read, spell and write; but it is much more than that. It can also cause issues with organisation or forgetting what someone has told you, or their name. Even memorising a mobile number or multiplication fact can become a struggle.

*“It has nothing to do with how intelligent you are. You can be extremely bright and still have dyslexia.” Tim Tebow*

Dyslexia is not a disease, it is neurological, meaning the dyslexic brain works differently. People with dyslexia can achieve success by training their brain to learn in the best way for them.

What to look out for in reading:

* Immediately forgetting what has just been read.
* Slower reading speed.
* While reading, missing out words or missing off the end of a word.
* Becoming quickly tired while reading

What to look out for in spelling:

* Mixing up the sequence of letters when spelling e.g. **hlep** for **help**
* Forgetting how to spell a word that was learned a few days before.
* Missing out letters or missing off the end of a word e.g. **lik** for **like**
* Spelling a word as it sounds e.g. **duz** for **does** or **wont** for **want**
* Spelling a ‘t’ or ‘d’ instead of ‘ed’ e.g. **hopt** for **hopped**
* Difficulty with homophones and Sight Words e.g. **their** and **there**
* Frequently adding an ‘e’ onto the end of words e.g. **milke**
* Spelling ‘ck’ instead of ‘k’ e.g. **pinck** for **pink**

What to look for in writing:

* Having lots of ideas but can’t put them into writing.
* Taking much longer to write and producing less than other students.
* Writing long, rambling sentences with no punctuation.
* Does not know where or how to start.
* Making mistakes or omissions when writing down homework.
* Difficulty in remembering instructions e.g. “Go upstairs and put on your socks and shoes and bring down your jumper.”

Other difficulties:

* Can’t seem to learn how to tie shoe laces.
* Difficulty rhyming.
* Can’t remember their phone number or home address
* Can’t remember times tables.
* Confusion between left and right.

Who to see for help:

The first conversation you should have if you are concerned about your child’s learning approach is your child’s class teacher. It may be necessary to have a meeting with Mrs Drzymala, the SENDco to discuss these concerns further. Mrs Hunkin and Mrs McPherson have had significant training in Dyslexia Friendly techniques so it may be worth making an appointment with one of them to discuss your child’s difficulties.

What Parents can do to help:

1. Give your child a break when they return from school. Their brain will have worked harder than most pupils so it is best not to attempt reading or homework straight away.
2. Don’t despair when your child forgets things or has difficulties. It is always better to be patient to reduce their anxiety. You can always come up with strategies to help them remember.
3. Never compare them to their brothers or sisters.
4. If homework is taking longer than expected, speak to your child’s teacher and ask for it to be adapted to suit your child best.
5. Let your child’s teacher know if there is a known history of dyslexia in the family.
6. Praise your child’s every small achievement to improve their self-esteem.
7. Allow them to be creative through dance, drama, music, art, design and technology and even sport. Excelling in non-academic areas will give them an enormous sense of well-being.
8. Reassure your child that having dyslexia does not mean they will not be successful. There are many well-known, successful individuals who are dyslexic. Search on the internet with your child to discover who they are.

Useful Links:

<http://www.parentchampions.org.uk/resources/understanding-dyslexia-booklet/>

<https://www.nessy.com/uk/parents/dyslexia-information/>

<https://www.bdadyslexia.org.uk/advice/children>

<https://www.helenarkell.org.uk/about-us/what-we-do/support-parents.php>

<https://kidshealth.org/en/parents/dyslexia.html>

<https://dyslexia-assist.org.uk/for-parents/>

<https://www.dyslexiacornwall.org.uk/>

<https://www.theschoolrun.com/getting-right-support-children-dyslexia>

<http://www.thedyslexia-spldtrust.org.uk/>