

Help your child with dyslexia

Here are a few tips to help you help your child with dyslexia.

Your child may have questions about dyslexia. The need for knowledge, reassurance, and support from you. Answer their questions in a simple, straightforward way.

Tell them dyslexia means having a hard time learning to read.

Reassure them that there is nothing wrong with them they were just born with it like they were born with freckles, blue eyes etc.

Let them know their brain is normal. The road their brain takes to reading is different. It may be harder, and it may take longer, but they will be able to learn to read.

Set their mind at ease that they are not stupid - dyslexia is a problem that intelligent people have with reading. It has nothing to do with how smart they are.

It is your job to encourage your child and bolster their self-esteem. Tell them they are special and they will be able to do or see things in a way many people will not be able to do.



Tips for Supporting Your Child with Dyslexia

What is Dyslexia?

The word 'dyslexia' comes from the Greek and means 'difficulty with words'. Dyslexia is a difficulty with the learning process in the areas of reading, spelling and writing. Accompanying weaknesses may be identified in areas of:

- Speed of processing
- Short term memory
- Organisation
- Sequencing
- Spoken language and motor skills

There may also be difficulties with auditory and/or visual perception. Dyslexia is particularly related to mastering and using written language, which may include alphabetic, numeric and musical notation. It can occur despite normal intellectual ability and teaching.

Some learners have very well developed creative skills and/or interpersonal skills. Others have strong oral skills. All have strengths.

Many famous people have dyslexia. They often put their success down to the fact that they have dyslexia.

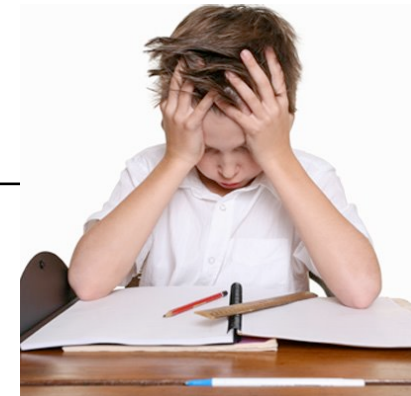
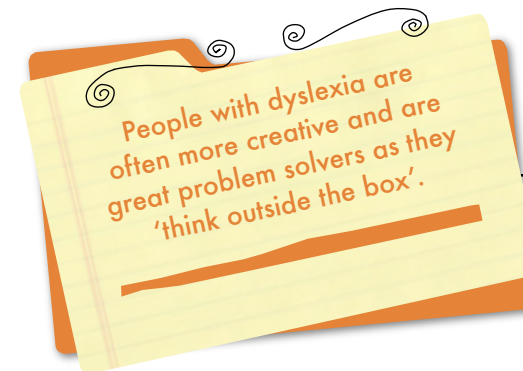
Some consider dyslexia a gift as people with the condition look at the world differently.

If you have any further questions feel free to contact us at the school.

Belfast Model School for Girls

Tel:02890718111

Website:www.belfastgms.org



Dyslexia



Dyslexia can affect the lives of those with the condition in many different ways. Several aspects of life can be made more difficult unless strategies can be found to help cope with these issues.

There are many skills and talents associated with dyslexia.

Dyslexics are often very creative thinkers who excel in particular fields.

Dyslexic talents include:

- Being able to see the 'big picture' in any situation. They can often see things from every angle.
- Lateral thinking and problem solving. They can make creative leaps of thought which give them an innovative approach to a subject.
- Strong visualisation skills. They can be described as 'picture thinkers'.
- Imaginative and inventive writers.
- Strong 3-dimensional abilities. This often makes them good engineers, architects and designers.
- Good at 'hands on' tasks and able to mend things.
- Often good in discussion, role-play and the dramatic arts.

16. Give your child 'down time' to switch off and relax after school

At the end of the day of reading and writing your child may be exhausted because they have had to work and concentrate so hard in school to keep up with others. Give them a break.

17. Give a few specific instructions at one time

Instead of saying 'clean-up your room' say 'pick up the clothes and hang them up. Tell your child exactly what you want them to do but giving too many instructions will become muddled and may confuse them.

18. A vital skill to develop before writing is learning to express ideas clearly and simply

Read a small bit then ask them to tell you about it in as few words as possible. A person with dyslexia needs much more time to complete tasks.

19. Find your child's talent and encourage them to improve this skill as much as possible.

If they are good at dancing then let them to join a dance-class, if they like drawing buy art supplies and put their pictures around the house.

20. Be there for your child

The best thing you can do is to be understanding and supportive. Your child may become frustrated, angry or depressed by their condition, you need to be supportive and help them keep their sense of humour.



11. People with dyslexia may have good and bad days for no reason.

Some days they can seem to remember, then other days everything is forgotten. Just be supportive and understand that they may be frustrated by it. You getting frustrated too will just make matters worse.

12. Reading can tire out the child with dyslexia and often they never learn to enjoy it. They can find reading slow and boring and more of a chore than a pleasure.

Some children persevere and eventually become avid readers. Reading to your child each night or encouraging them to listen to audio books can show them that reading can be fun.

13. Reinforce learning with actions and multi-sensory activities.

People learn in different ways, some visually, some by what they hear and some in practical ways. If your child is finding something particularly difficult use all strategies to help.

See it. Hear it. Say it. Do it.

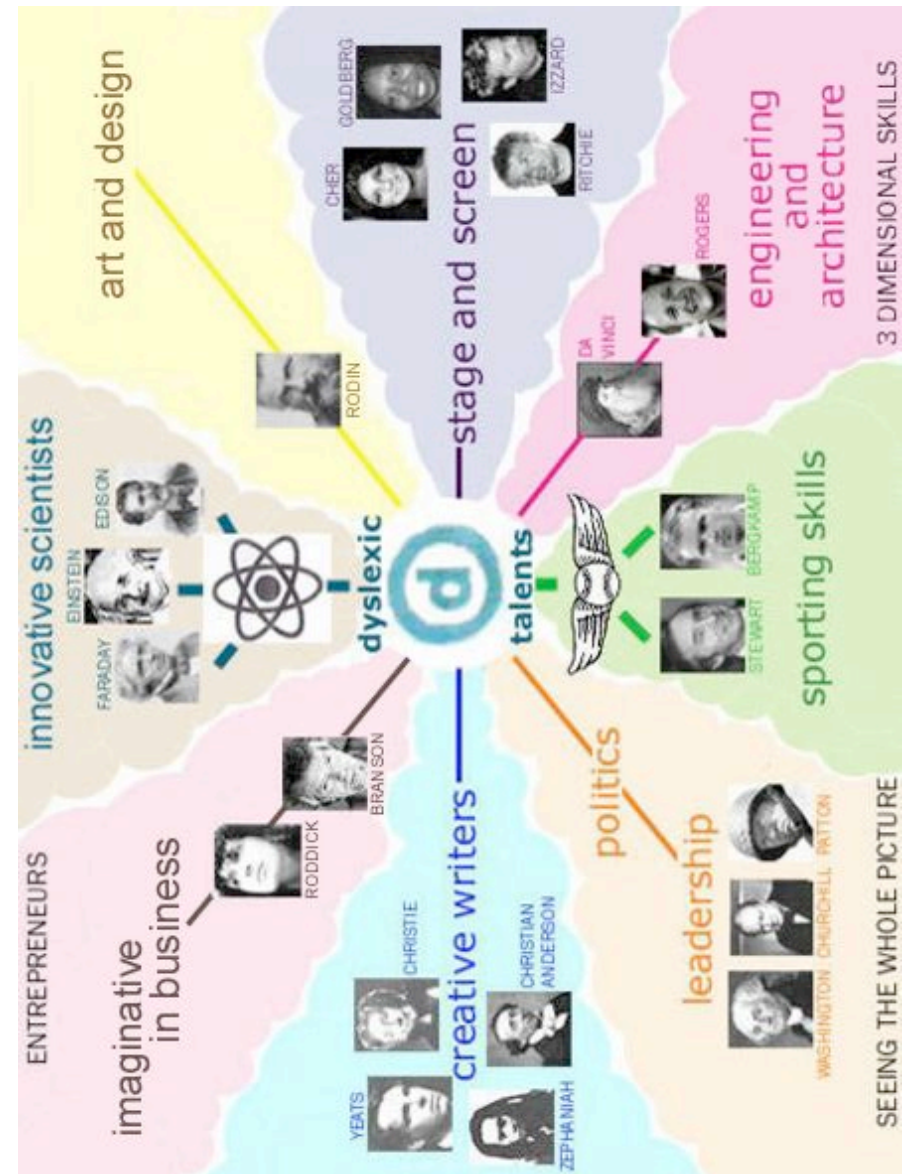
14. Colour-code the timetable so that lessons can be seen at a glance

Pack schoolbags the night before and put them by the door.

15. Help your child learn editing, self-monitoring and checking skills so they can go over their own work more independently as they get older.

For example, a simple process like COPS can be helpful when proof reading work: C = Capitals. O = Omission (Have you left anything Out). P = punctuation. S = spelling.

Famous People with Dyslexia



Handwritten signature or mark at the bottom left.

Top Tips

1. Someone with dyslexia is likely to find it difficult to organise everyday tasks.

Help them by providing checklist. Set routines. Establish a place where everything must be put away immediately after use.

2. Your child needs constant support and praise to raise self-esteem.

Do not criticise or compare someone with dyslexia's work to a brother or sister. Children with dyslexia have difficulty focusing on reading writing and listening.

3. People with dyslexia often find it easier to read on coloured paper as white paper seems to glare.

If this is helpful try laying a sheet of coloured acetate over a page. When writing try to write on buff coloured paper. Ask the teacher if it is possible to photocopy worksheets onto coloured paper and to change the background colour on the interactive whiteboard

4. Give your child no more than two instructions at a time, e.g. put your bowl in the dishwasher and brush your teeth.

To make it more memorable the person with dyslexia should repeat it back to you.

5. Ask if the school will accept written work that has been typed up on the computer.

6. All attempts should be praised.

When children were praised specifically, e.g. 'Well done, you looked carefully at the beginning of that words and worked out what the word was', or 'Good. You tried to read ahead to help you sort out that problem word', the child had a clearer idea of what to do.

7. Two stars and a wish can help improve confidence and give targets for future work.

Once homework is completed, look at completed assignment together – each find 2 good things and 1 thing that could be improved next time.

8. Don't use 'look, cover, write, check' to learn spellings.

It doesn't usually work for people with dyslexia. Draw or visualise funny pictures linked to each word and say each letter as it is written. Use sand or rice trays and draw the words out with your fingers.

9. Frequently used spellings, which do not fit into regular patterns, can be learnt using mnemonics, e.g. Does Oliver Eat Sweets = does

Make a game with your child of trying to make up mnemonics for familiar words - Big Elephants Can Always Understand Small Elephants = because

10. Thinking in pictures is a strength of people with dyslexia.

Teach your child to visualise the thing they want to remember. When revisiting a topic make a page of drawings to represent main points.