

## **DYSLEXIA TIPS FOR PARENTS**

- **Meet all subject teachers at the beginning of each school year. Make sure they know about dyslexia and what they can do to help.**
- **Colour code the timetable so that lessons can be seen at a glance. Pack school bags the night before and put them by the front door.**
- **A dyslexic needs constant support and praise to gain self-esteem. Do not criticise and never compare a dyslexic's schoolwork with that of their brother or sister. Dyslexics have difficulty staying focused when reading, writing or listening.**
- **Before starting a writing task, make a list of ideas using only one or two words for each bullet point. When writing, each point can be expanded into a sentence. Cross it off the list as it is written.**
- **A dyslexic is likely to find it difficult to organise everyday tasks. Help them by providing checklists. Set routines. Establish a place where everything must be put away immediately after use.**
- **Do this exercise to help improve reading accuracy. Get an old book, stopwatch and pencil. For one minute, look for a frequent letter or word, e.g. 'a' or 'the'. Search each line. Go left to right only. Mark the words as they are found then pass it to someone else to check.**

- Request that the school accept written work produced on a computer word processing program.
- Give a dyslexic no more than two instructions at a time, e.g. put your bowl in the dish washer then brush your teeth. To make it more memorable the dyslexic should repeat it back or visualise doing the action.
- As you read, create simple thumbnail drawings in the margin beside each important point. When you look back the pictures will help you remember what you have read.
- Don't use 'Look-Cover-Write-Check' to learn spellings. It doesn't work for dyslexics. Draw or visualise a funny picture linked to the word and say aloud each letter as it is written.
- Frequently used spellings, which do not fit into regular patterns, can be learnt using mnemonics, e.g. does Oliver eat sweets. The first letter of each word 'does'. Drawing a funny picture will reinforce the strategy.
- Dyslexics may have good and bad days for no apparent reason. Some days they can seem to remember, and then other days everything is forgotten.
- Dyslexics usually think in pictures. Use this strength by visualising the thing you want to remember. When revisiting a topic make a page of drawing to represent main points.
- Many dyslexics find reading so slow and tiring that they never learn to enjoy it but some do eventually

**become avid readers. Using audio books or reading to your children every night can help develop a love of stories.**

- **Help the dyslexic reader build up tricky words by uncovering a part at a time. Discuss what you have read to make sure it is understood.**
- **Reinforce learning with actions and multisensory activities. See it. Hear it. Say it. Do it.**
- **At the end of a day of reading and writing a dyslexic is exhausted because they have had to work so much harder. Give them 'down' time to relax and switch off before attempting homework.**
- **Give specific instructions, e.g. instead of saying 'clean up your room' say 'pick up the clothes and hang them up'.**
- **A vital skill to develop before writing is learning to express ideas clearly and simply. Read a small bit then ask to tell you it in as few words as possible. A dyslexic needs much more time to complete tasks.**