

10 ideas to support your child who has Dyslexia

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1. Be patient with your child with Dyslexia. It can take children much longer to complete reading and writing homework activities.
2. Children and young people with Dyslexia often experience high anxiety in learning situations involving reading and writing. Prioritise the mental health of your child with Dyslexia.
3. Dyslexia is often misrepresented and misunderstood, for example, it is not an issue with your child's vision and it is not about seeing words backwards. Be informed about the real nature of this condition so that you can best support your child.
4. Experiment with technology. Explore how different resources can support your child, for example, speech recognition software, text-to-speech software, mind mapping software, scanning software or hand reading pens.
5. Understand why your child is returning from school exhausted. Their brain has worked much harder than their peer's brains all day to process the letters and sounds in written text. Support your child to find ways to effectively relax at home at the end of the school day.

6. Encourage and support your child to develop skills and talents in activities that don't rely heavily upon reading and writing text, for example, creative arts or sport. This will help to build their self-esteem and self-confidence overall.
7. Talk to your child about Dyslexia and take particular care to communicate to your child that Dyslexia is very common, affects people in different ways and does not mean that they will never learn to read.
8. Read aloud to your child as often as you can. Hearing someone else read can build your child's interest in books and can lead to discussions about stories that encourage comprehension without the pressure of decoding the text. Then take turns reading aloud together.
9. Ensure that there are books, audio books, graphic novels and comics at home for your child to read which match his or her particular interests.
10. Get support for yourself. There are many social media groups nationally that offer advice and ideas about parenting a Dyslexic child, for example, Dyslexia Help and Support UK.

About Witherslack Group

We are committed to sharing advice and support to parents, carers and professionals. Our webinars and online resources provide expert knowledge and practical support. If you would like to find out more information you can email webinars@witherslackgroup.co.uk or visit www.witherslackgroup.co.uk.



About ADHD Foundation

To find out more information about the ADHD Foundation please visit www.adhdfoundation.org.uk.

