

Dyslexia: How I can help at home

Advice for parents/carers of children in Primary school



* Support your child's memory

- break down activities into clear steps
- give thinking/processing time (before expecting an answer)
- repeat instructions using the same language as you used the first time
- encourage rehearsal
- talk about what your child knows already about a subject
- encourage them to ask for help, and use repetition
- provide visuals
- use mind mapping
- demonstrate how to do things
- play memory games, eg remembering and naming a sequence of objects or numbers
- sing the alphabet, the days of the week, or the months of the year



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Try to be:

- * understanding
- * encouraging
- * supportive
- * patient
- * positive
- * organised

See the Dyslexia Scotland leaflet 'Information for parents' at dyslexiascotland.org.uk/our-leaflets

For further information on developing confidence and self-esteem see www.centreforconfidence.co.uk

Top 10 tips

- * **Keep up good communication with your child's school.** Continue to share any concerns you have. Work together to find ways to tackle areas of difficulty.



- * **Ensure a yearly eye test and up-to-date hearing assessment.** If there are any signs of visual stress, eg headaches or rubbing eyes, ask your optician about an eye stress assessment.



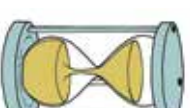
- * **Read to your child or support him or her to read or listen to books for pleasure every day.** As well as supporting your child to learn, encouraging an enjoyment of reading builds vocabulary knowledge and creative thinking, which support writing development. If your child is reluctant to read, play to his or her interests: you could try picture books, comics, graphic novels or the sports page.



- * **As your child gets older, support him or her to learn touch typing skills.** Use a typing skills program such as BBC DanceMat, Doorway online or Typing.com.



- * **Help make homework less of a challenge.** Ensure relaxation time before starting homework. Liaise with the school and agree a maximum time to be spent on homework. Break homework down into short blocks – this can improve concentration.



- * **Ask your school for ideas on how to make homework motivating/fun.** Incorporate the use of as many senses as possible to ensure multi-sensory learning, eg use ICT, games, magnetic letters on the fridge or active spelling strategies. Focus on content and not spelling mistakes when supporting your child with writing.

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- * **Create a calm, clutter free and well organised homework space.** Talk to your child about what works best for him or her, eg having water or food available, having silence or music in the background. This can aid focus and concentration.



- * **Establish a flexible homework routine that does not obstruct after-school activities.** These activities are often times when your child can experience success and feel positive about themselves. Give them lots of opportunities to do this.



- * **Support your child with organisation.** For example, support them to prepare their school bag for the next day, give them support to plan homework assignments to meet deadlines, or use a visual timetable.

