

## WHAT TIPS CAN HELP DYSLEXICS ?

Appreciate that dyslexics LEARN and THINK in a DIFFERENT way.  
They often have good SPATIAL AWARENESS and can perceive objects in  
3 - Dimensions.

Dyslexics frequently identify words as PICTURES in their mind's eye, and often "read" in that way.

They have a great IMAGINATION and are often very creative.

### SUGGESTIONS :-

#### 1. Use MULTI - SENSORY TECHNIQUES -

Eyes to see visually - people, animals, objects around us

Ears to hear what is said - sounds, words, noises

Fingers to touch and feel shape, texture and depth of objects

#### 2. Structured Learning - with clear progressive steps

#### 3. Repetition and re-inforcement of learning

Other suggestions: - Try using Mind Maps to bring out ideas.

Use different colours for different topics and characters.

#### Colour coding

Coloured pastel paper to avoid "glare" of white paper. White boards to be avoided if possible.

Arial or Comic Sans font print, with at least 12 font size.

Good spacing - preferably double spacing between lines Eg Barrington-Stoke books. These books also have light pastel colour background to avoid glare.

Good light and posture. Careful placing of chairs and tables, to aid concentration and vision. Writing slopes and PRIVACY BOARDS can help - to lessen distraction and noise.

Adapted pens and pencils with thick/rubbery grips or specially shaped pens will help writing skills and improve grip.

Lined paper with double line spacing helps dyslexics to write more clearly. Highlighter pens, line tracking rulers, coloured overlays or coloured "reading" rulers can help sometimes.

Use **bold** print to emphasise points rather than under-lining.

Use a variety of teaching materials - pictures, audio tapes and "drawing in the air" or use finger drawing in sand, and wooden letters. Play dough or plasticine/blue tack to model shapes of letters and numbers.

Other thoughts to bear in mind ! - Teachers especially !!

1. Lots of oral work, and practical tasks. Big enough desk or table to work on.
2. New topics to learn - use videos or audio tapes to start discussion about topics first. Handouts with written instructions is helpful.
3. Do not hurry a pupil, and avoid too many instructions at a time.
4. Show a student how to do a task, with demonstrations, not just telling them.
5. Clear instructions, with homework diary for information to take home.
6. Avoid too much copying from the board. Can be very stressful for dyslexics.
7. Avoid too much writing at a time. Causes tiredness, stress, and headaches.

**ABOVE ALL - Encourage your pupils, especially their strengths. Use BUDDIES !**

Paired reading can be helpful ! - with a buddy friend or relative ?Granny.  
Dyslexics are very imaginative and practical. They are good problem solvers.  
They can excel at making models and using technology.

They like telling stories and talking about experiences.

Check Learning Style - what method suits a child best ? Build on a child's strengths and address weaknesses in a clear, structured way.

May be a combination of auditory and visual or kinaesthetic approach.

Variety of computer programmes that can help a child, such as Word and Number Shark.

Touchtyping skills can be developed using englishtype junior or other schemes. There is a free download programme called Dance-mat available from the BBC website.

Ace Dictionary - sound spelling book, is very helpful.  
Can use MNEUMONICS to aid learning !

**LOTS OF PRAISE and ENCOURAGEMENT !! Your child needs to be loved for who they are, and will benefit from patient perseverance and FUN !!**

#### OTHER HELPFUL TIPS

Plenty of variety of activities - music, singing, clapping rhythms, dancing -art - Drawing, painting - finger paints, magic pictures, hand prints, - anything that helps movement and co-ordination of hands, arms and balance.

Activity games with throwing, catching, kicking a ball, wobble board, trampoline - helps balance and hand-eye co-ordination.

Talking about the world around us - animals, birds, living things, or objects of nature and shapes.

DIET - Good balanced with healthy vitamin content. Extra OMEGA-3 or fish oils such as EYE-Q help improve concentration and reduce tiredness. The essential unsaturated fatty acid supplement helps the conduction of nerve impulses in the brain, and improves function.

Lack of proper nutrition can lead to dry skin and other conditions.

**BRAIN GYM** - Helps improve brain alertness and function. By using BOTH sides of the brain in these simple activities, Brain Gym can improve concentration and behaviour, and is helpful in class and at home.

### OTHER THINGS TO CONSIDER :-

#### Visual Dyslexia.

In dyslexia, there are often problems caused by abnormal visual perception in the brain, which affects processing of visual information. In addition the function of the eyes can be affected by poor stability, and eye tracking, which interferes with reading effectively. Focus of objects on to the retina at the back of the eye can be distorted.

Sometimes vision is affected by swirling images, movement of letters and blurring of print on the page. These can sometimes be helped with colour overlays or tinted lenses in spectacles.

Problems with visual dyslexia need to be assessed by trained Optometrists, who understand the process and know what to look for.

#### Auditory Processing Difficulties.

Difficulties in auditory processing affect a child by causing hyper-sensitivity to sounds, and difficulties in interpreting the spoken word. Words need to be said slowly and clearly for these children to take in what is being said.

Sometimes they cannot distinguish between vowels and consonants, and can have reduced sensitivity to sound frequency and amplitude changes. They cannot associate specific sounds with printed symbols. These children can often lip read, if their visual perception is good.

They may have perfectly healthy ears and hearing mechanism. Some have glue ear, which affects conduction of sounds across the middle ear, and has been found in a number of young children with dyslexia.

If there is any doubt about hearing or vision, it is worthwhile having a second opinion from a trained person who can check your child.

Dyspraxia can often affect children with dyslexia. They can be clumsy, or drop or bump into things, and find it difficult to catch or kick a ball. They may have problems with pencil grip and writing.

These children may need assessment from a specially trained Occupational Therapist

REFERRALS to other agencies/specialists :\_  
Information can be obtained from Dyslexia North East.

DO ENCOURAGE AND PRAISE YOUR CHILD, AND GET AS MUCH HELP AND ADVICE AS YOU CAN.

ALSO, do encourage your School or College to be DYSLEXIA FRIENDLY !!