

Dyslexia Tips *FOR AROUND THE HOME*

Dyslexics are visual thinkers most of the time. This is an important factor when you are explaining something to an adult or child.

Dyslexics do not like to be put on the spot about anything, e.g reading out loud in class, unscheduled trips anywhere, activities that are to happen at school and they are not aware of them until it happens makes them very unsettled.

Dyslexics can only handle 1-3 instructions at once as they do not have the memory retention for more. A good way to extend their concentration is doing 3D picture finds or word searches.

Keep everything regimented for them, same thing happens at the same time each day etc...

Write specific instructions down on a white board that you want to happen each day. Could be jobs to be done or it could be routine for the morning before school.

Using a white board for spelling practice or writing letters is great because you can erase mistakes made and nobody sees them again.

If you have a child that is very pedantic about fixing what they think are poorly written letters or mistakes start off your session by saying that today we are only going to have maybe 6-10 corrections today and gradually through the week bring it down to 3-4 corrections over time you will break their habit of all the errors they think they have made and you will get more done in your learning session.

Dyslexics can also be kinetic learners, so they need to touch everything they do for projects which mean they need to be collecting the information and color coding it themselves, so they can visually see in the mind the information they need to pull out when asked to write about or talk about it at school.

Dyslexics are very good at doing one or two things manually whether it is pulling things apart or making things with no instructions (Lego) or being very athletic on the sports field use this as a means of motivation for confidence and self-esteem **Do Not Stop** any of these activities as a means of punishment or as a way of making them concentrate more on the academic side of things as Dyslexics need this creative side of their brains to be able to feel good about themselves and be able to cope with not being so good at other

things find another way to deal with a punishment.

When reading out loud at home or at school specify the number of pages you want to read as the dyslexic can be a very literal thinker so will think that you mean the whole book or a chapter unless you stipulate the number of pages you want them to read then do not be afraid to negotiate that number with them.

Dyslexics are either very organized or very unorganized people there is normally no middle ground with them. Use incentives for asking for the room to be tidy it could be a photo to show them a before and after picture of what you want. If it is toys normally this would not phase a dyslexic unless they are passionate about toy's, so you need to get creative in your thinking, whatever you do, you need to carry it out all the way through and do what you say even if you do not like doing it.

As far as discipline goes for a dyslexic depriving them of something they do not regard with a passion will have no effect on them but carry out the threat or the action as you said you were going to as it shows them that you mean what you say.

With seating at school always have your child seated directly facing the teacher, whiteboard/interactive board as too many head movements can cause them to lose concentration or make too many mistakes when writing into their books.

When talking with or disciplining your child try to keep negative comments to a minimum always turn the negative into a positive.

Always use plenty of praise even for the small things that are done well remember to include visitors, tell everyone who comes to the house how the dyslexic person has done well.

Time management for the dyslexic can cause major problems in high school, as to some, time means nothing because they have no conception of how long something is. Use a white board at school or at home and get them to write down when a project is to be finished and handed in, then get them to work out how long it will take them to gather information, write it, then hand it in, break all this into manageable segments for them to be able to do themselves.

If the dyslexic has an irritable habit like jiggling when reading, tapping feet, clicking fingers, loses concentration for a second, gazes around etc. these are coping mechanisms **PLEASE DO NOT** harp on it, forget it, the only person who you make feel good is yourself the dyslexic cannot help doing this remember they have a **GENE** they are born with, the people we need to change are the ones around them. I promise you all these signs will eventually go away when nothing is said about them.

Some people find that the dyslexic may need to have a soft toy or ball in their hand as they concentrate better by fiddling it makes them relax more a dyslexic is quite capable of doing two things at once and still be able to concentrate

If you say to your dyslexic child that you may take them somewhere special today say the pictures, park etc... to make your life more pleasurable **please be specific when you tell them** e.g. I must do dishes, then make the beds, put washing out, get groceries then we will go to When you say this, you need to carry it through as the child will be watching you closely even though it may not look like it.

Dyslexics can benefit greatly from some of the new brain stimulation programs out now e.g CELLFIELD, DYSLEXIA FOUNDATIONS PROGRAM, FAST FORWARD, FRUENSTIEN and many more.

I hope this helps in some way to ease the stress in your life and the child or adult with Dyslexia.