



# **Dyslexia Parent Workshop**

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Karen Ayres - Assistant Head for Inclusion and SENCo

# Dyslexia Parent Workshop

This workshop has been designed to help parents understand dyslexia: the positives, the difficulties and what helps. After the workshop, you may even wish to use aspects of it to help explain dyslexia to your child.

The first step on the journey is to understand dyslexia and rediscover the self belief and determination to succeed.

Dyslexics tend to think in pictures rather than words so illustrations are used to explain each point.

1 in 10 people have dyslexia.



Dyslexia is neurological.  
The dyslexic brain processes written  
and spoken information differently.



Sometimes the information is forgotten,  
jumbled up or bits are missing.

## Problems when reading

losing  
your  
place

misreading

limited  
comprehension





## Difficulties when writing

forgetting  
punctuation



finding  
the right  
words



difficulty  
organising ideas



# Difficulty remembering sequences

alphabet

**ABCDE  
GHK?**



phone  
numbers

days  
and months



Tough tasks

Finishing



on time

Recalling

A C D  
Q T

names



Staying  
focused





What is forgotten?



# SUMMARY

Dyslexia is a difference in the way the brain processes words.

However, it affects much more than reading and writing. It also causes difficulty with organisation, maths and memory.

# Types of Dyslexia



Dyslexia covers a spectrum of difficulties.

visual

What kind  
of  
**DYSLEXIA**  
do you have?

phonological

auditory

working  
memory

processing  
speed





# Visual Processing Dyslexia

## Visual difficulties

slow  
processing



inaccurate  
copying



mixing up  
letters

**b**  
**d**



# Auditory Processing Dyslexia

## Auditory difficulties



# Slow Processing Speed



# Working Memory Dyslexia

Working memory can store between 5 and 7 chunks of information.



But those with dyslexia struggle to remember even 3.



# Phonological Dyslexia (working with sounds)

Phonological difficulties

splitting words  
into syllables

b-l-e-n-d-i-n-g  
phonemes

win thin  
rhyming  
tin in



# SUMMARY

Every person is slightly different depending upon what sort of dyslexia they have. It is important to find out what type of dyslexia you have. This will help you to find out which learning approach will work best.

Try **Dyslexia Quest**.

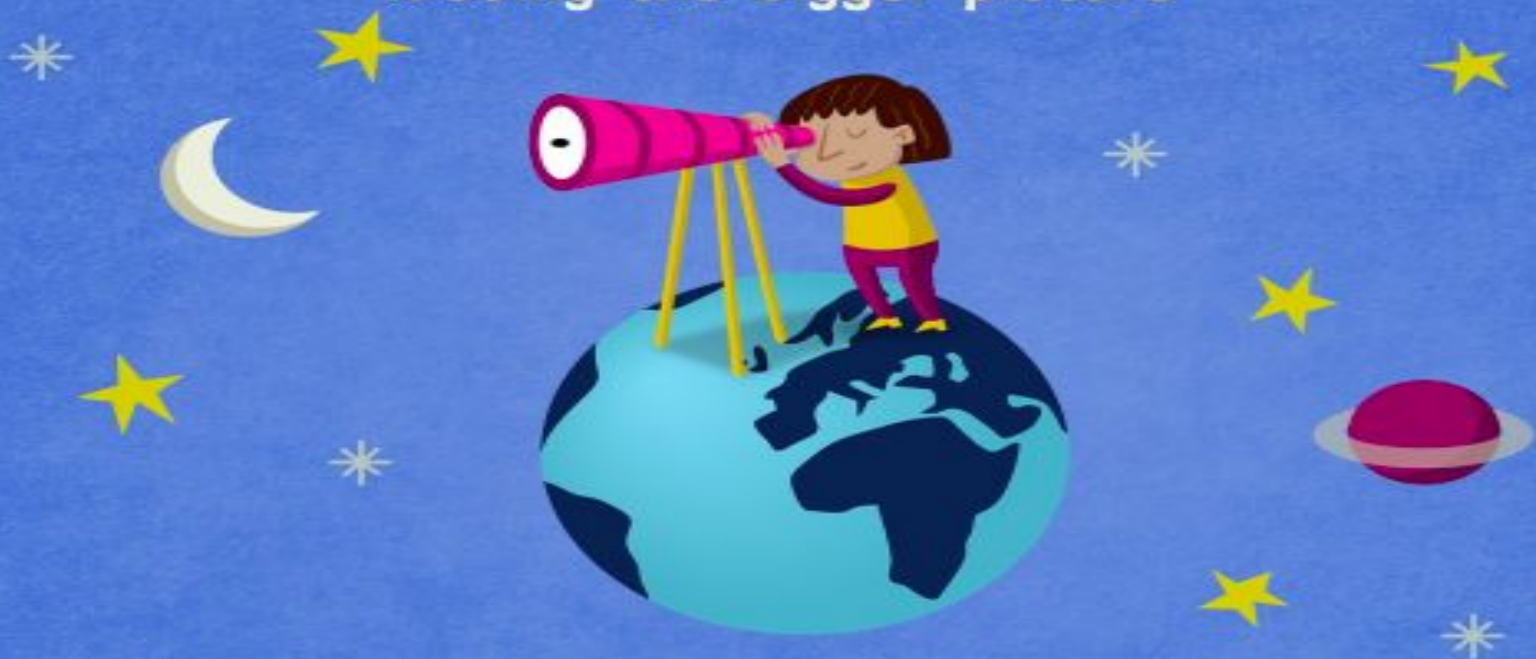


A 20 minute dyslexia screener.

# What People with Dyslexia are Good At



## Seeing the bigger picture



People with dyslexia have the ability to imagine how everything works together and picture how things will end up. This is a great leadership skill.



## Thinking outside the box



People with dyslexia are able to see things from a different angle and come up with unusual ideas.

Being able to imagine a vision of the future combined with an unconventional approach has helped some people with dyslexia become successful entrepreneurs.



**Steve Jobs**  
creator of Apple

40% of self-made millionaires have dyslexia.

**Richard Branson**  
entrepreneur

£

400 companies



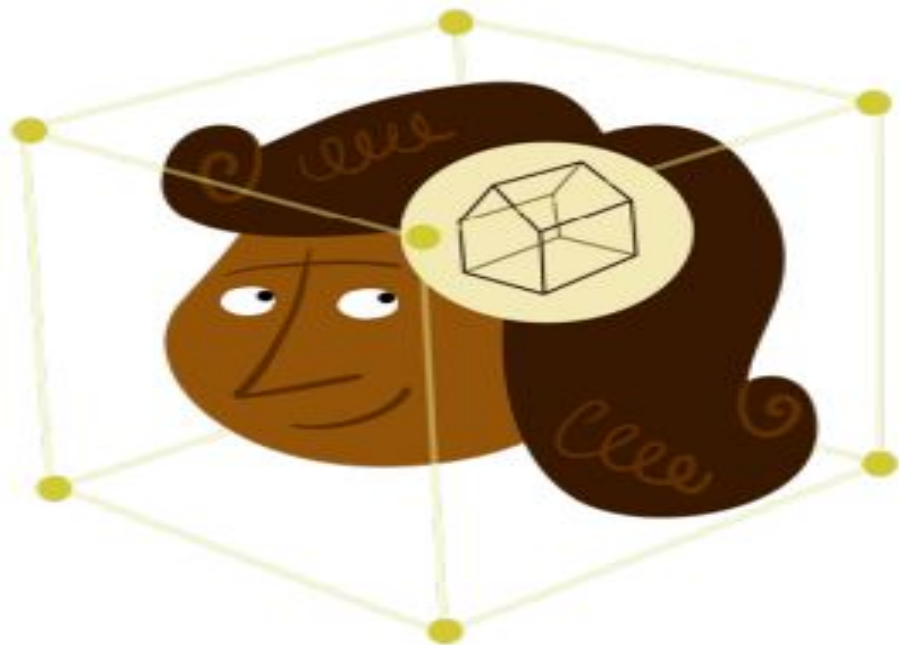
\$



€

5 billion

## Spatial awareness



People with dyslexia are better at imagining how objects and spaces will connect.



## Famous actors with dyslexia

Some people with dyslexia channel this creativity into acting.



**Whoopi Goldberg**  
actor



**Keira Knightley**  
actor



**Orlando Bloom**  
actor

# SUMMARY

Creativity, strong visualisation, problem solving abilities and an unconventional way of looking at things have helped many people with dyslexia to succeed in life.

Think about what you are good at and choose a path that uses your strengths.

# Dyslexia Difficulties

- Words can become jumbled in their head
- Silent letters are often forgotten about in spelling: stick = stik white = wite friends = frends huge = hug
- The order of letters can become mixed up: two = tow felt = flet
- Homophones are often confused: there, they're, their
- Sometimes letters and numbers are reversed:
- Difficulty copying from the board
- Slower at writing - lots of ideas but struggles to record
- Difficulty focusing in noisy environments
- Making mistakes when reading out loud
- Trouble recalling instructions
- Mixing up similar sounding words: pacific —specific
- Trouble with organisation and often forgets things



# SUMMARY

Most children will show difficulties like this for a short while but will quickly develop their abilities.

For many children with dyslexia, the difficulties will be more severe and persistent, causing them to fall behind.

Every individual with dyslexia is different and no one will have all these difficulties. It depends on what type of dyslexia you have.



# Helpful Strategies



Rhyming words can help you spell.

**DRINK**

**THINK**

**PINK**

**STINK**



Mispronouncing words can also help you spell.



busy



Learning syllables helps to read  
and spell long words.





Linking sounds to a funny picture helps to split the syllables.



Linking a picture to a word will make it easier to learn.  
To remember lots of words, link the pictures into a story.

**MY CAT**



**school  
Letter**



**gym Kit**



**Library  
books**

Picture thinking can help you remember names.

**MIKE**

**LORRAINE**

**FRED**



# SUMMARY

Looking at words and copying them is not an effective way for people with dyslexia to learn to spell but there are many learning strategies that can help.



# What Works Best for Dyslexia?



Use encouragement and praise.





Know how  
people with dyslexia  
Learn



Learning  
strategies



ai ph oi ue sh ea th

air

ie

Use a logical  
learning structure of  
**SYSTEMATIC  
PHONICS**

oy

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SEE IT



→ word

SAY IT



use  
multisensory  
learning

HEAR IT



WRITE IT



**1** Identify my difficulties



**2** Work at my pace



use an  
**individualised**  
approach



**3** Find helpful strategies

**4** Learn what I need



# SUMMARY

Individuals with dyslexia benefit from a supportive environment combined with an individualised, multisensory program of learning, structured into small steps.

The **Nessy Reading and Spelling** program has been designed to include all of these strategies for success.

# PLAY and LEARN with **nessy.com** !



Nessy offers an innovative approach to learning that is ideal for children with dyslexia.



# WHO IS NESSY ?



Nessy has been making fun, and multisensory educational software that supports learners with dyslexia and learning disabilities since 1999. Since its launch, Nessy has built a reputation for exceptional quality and recently has been the winner of the prestigious Educational Resources Awards for three successive years.

Nessy programs are used in schools worldwide to help children rebuild self confidence, rediscover self esteem and establish a love of learning. Independent research studies on Nessy Reading and Spelling show that students who use the program can increase their reading abilities by up to 2 years in as little as 18 weeks!

# THE AUTHOR'S STORY

Mike Jones is a parent, entrepreneur and has dyslexia. At 9 years old Mike could not read or even spell his own name. To help him his mother homeschooled for a year and created a series of techniques that proved to greatly develop his ability to understand and retain information. His mother's intervention transformed Mike's ability to retain information and he soon went from bottom of the class straight to the top.

When Mike left school, he went on to study law whilst his mother set up a school to help other children with dyslexia. In his free time, Mike helped out by answering the telephone at her school. Mike recalls how conversations all started the same way with parents desperate for help.

Mike knew that he needed to take the successful techniques that had helped him and make them available online for everyone. In 1999, Mike launched Nessy Learning: a company that aims to support learners with dyslexia and learning disabilities. To date, more than 20,000 schools and hundreds of thousands of children have used his programs worldwide.



# SUMMARY

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# 10 Things Every Child With Dyslexia Wants You To Know

1. I am not stupid or lazy. I need time to get things done.

2. I may be dyslexic but I can still shine in lots of ways.

3. It might take me a long time to 'get it' but when I 'get it' it sticks!

4. When you break things down into smaller steps I find it really, really helpful.

5. Sometimes I just need to work in a different way to the others in class to get the job done.

6. I try my best but do get frustrated. I need you to be patient with me.

7. My dyslexia does not only affect my literacy skills.

8. I find visual reminders helpful as I sometimes find remembering everything a bit tricky..

9. I often like to work in a quiet room as I can find noises distracting.

10. My dyslexia is just one part of my character. It does not define who I am or want to be.





# A Learner's Perspective...

Examples of distorted text

Examples of distorted text

Examples of distorted text

Examples of distorted text

# Coloured overlays



## Dyslexie Font

**OpenDyslexic** is a free **typeface/font** designed to mitigate some of the common reading errors caused by dyslexia. The typeface was created by Abelardo Gonzalez, who released it through an open-source license.<sup>[1]</sup> Like many **dyslexia-intervention** typefaces, most notably **Dyslexie**, OpenDyslexic adds to dyslexia research and is a reading aid, but it is not a cure for dyslexia.<sup>[2]</sup> The typeface includes regular, bold, italic, bold-italic, and **monospaced font** styles. In 2012, Gonzalez

# What can we do to help?

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- Improve handwriting but not to the detriment of the child's creativity. Cursive is better.
- Build language skills - discuss, plan, do, review
- Build vocabulary awareness - specifically tier 2 words (subject specific vocabulary) - this is a huge predictor of how far pupils from any background will succeed in life (Geoff Barton) - root words!
- Encourage learners to build on sentences to create effects.
- Use Graphic Organisers / writing frames to generate, sequence and develop initial ideas. Make everything VISUAL!





# What else can you do to help?

Read. A lot. There are all kinds of ways to support your child's reading. Try some of these ideas:

- Listen to audio books and have your child read along with them.
- Make sure they spend some time reading alone, both quietly and aloud.
- Re-read their favorite books. It may be a little boring for you, but it help them learn.
- Take turns reading books aloud together.
- Talk about the stories you read together and ask questions like, "What do you think happens next?"
- Use schoolbooks, but you can also branch out into graphic novels and comic books, too. Reading things your child is interested in or excited about can be motivating.



# How can you help?



## Schoolwork

- Work closely with your child's school. Communication with the teacher is key, share any updates related to reading/writing or spelling that you may have noticed at home.
- Use technology. With tablets, smartphones, and computers, you'll have a lot of helpful tools as your child gets older. Online dictionaries, spell-check, and text-to-speech software can make a big difference in your child's progress, as long as the assignment allows for their use.
- Keep schoolwork organized. Staying organized is hard when you have dyslexia. Help your child break big tasks into smaller chunks. Then, work together on a system to keep track of schoolwork. For example, you might use different-coloured folders for class notes versus homework, or a giant calendar to keep track of due dates. For older children, reminders and alarms on smartphones, tablets, and computers can play a role, too.

# Emotional support

- Celebrate successes. Take a day at the end of a project or after a big test to have fun together.
- Don't expect perfection. A lot of times, close enough is a huge success.
- Help your child understand what dyslexia is. They should know that it's not their fault and you'll work through it together.
- Let your child do activities they're good at and enjoys. This can balance the struggles with schoolwork.
- Praise your child's strength and skills. Don't let learning struggles be the main focus
- Remind your child that lots of wildly talented people have (or had) dyslexia, from Albert Einstein to Whoopi Goldberg.



Thanks for listening ;)