

Supporting my Dyslexic Child at Home



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dyslexia noun, p
difficulty in re
■ dyslexic adj, t
menorrhoe

The Delphi Study, 2024

"Dyslexia is a set of processing difficulties that affect the acquisition of reading and spelling."

- **Dyslexia is a processing difference:** It's not just about reading and spelling, but how the brain handles information.
- **The importance of fluency:** Reading and spelling fluency are central indicators.
- **The complexity of dyslexia:** Multiple factors contribute to its presentation.
- **The spectrum of severity:** Dyslexia exists on a continuum.

The 'Dyslexia Iceberg'

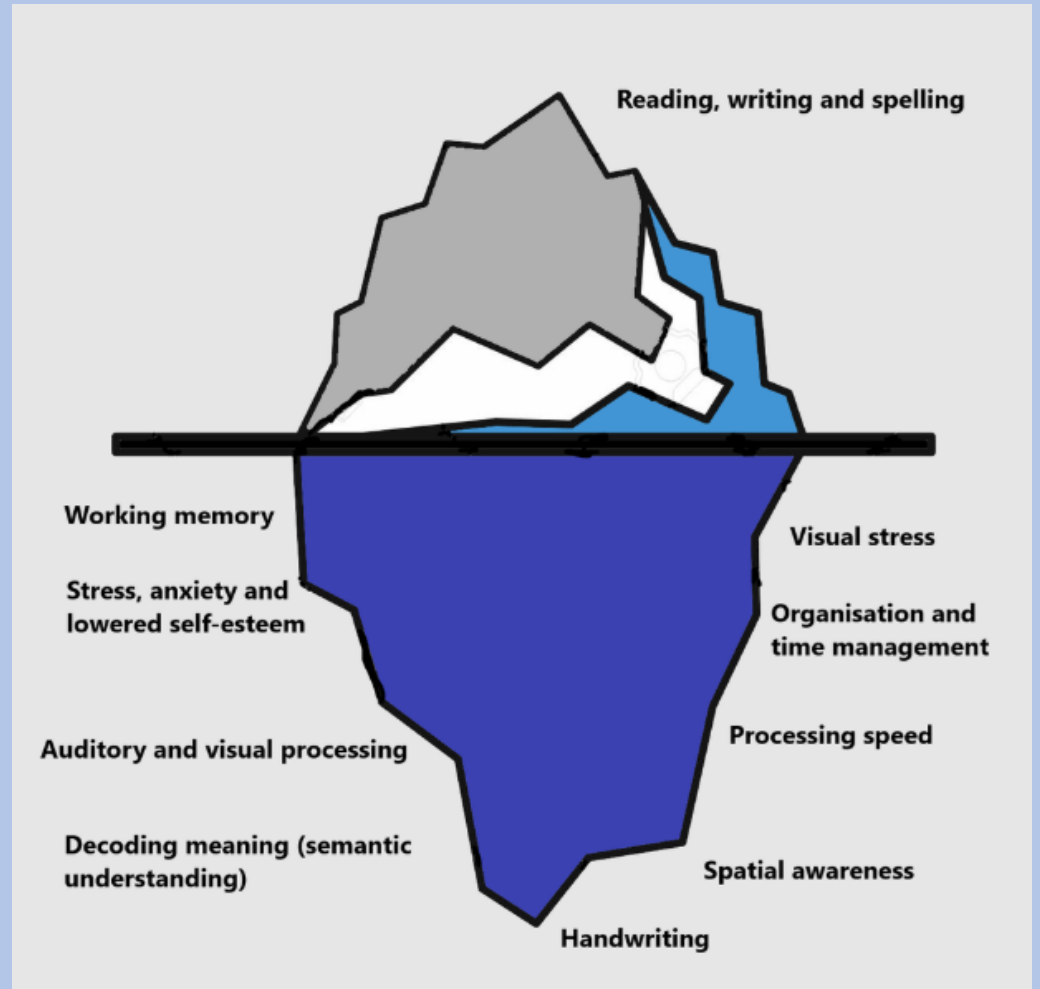
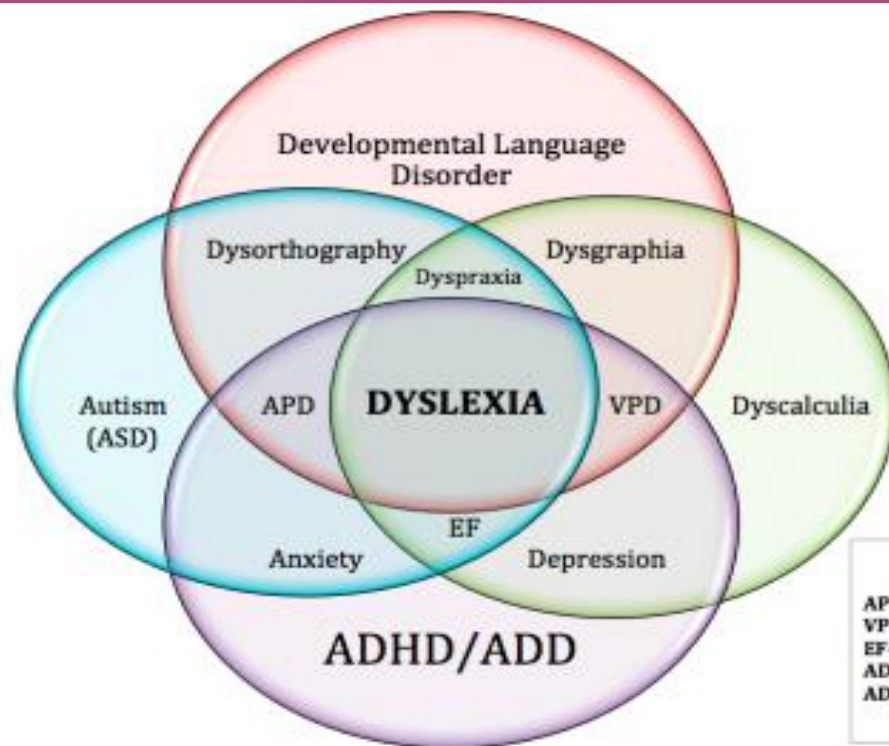


Image Credit: Hayley Butcher

Co-Occurring Difficulties

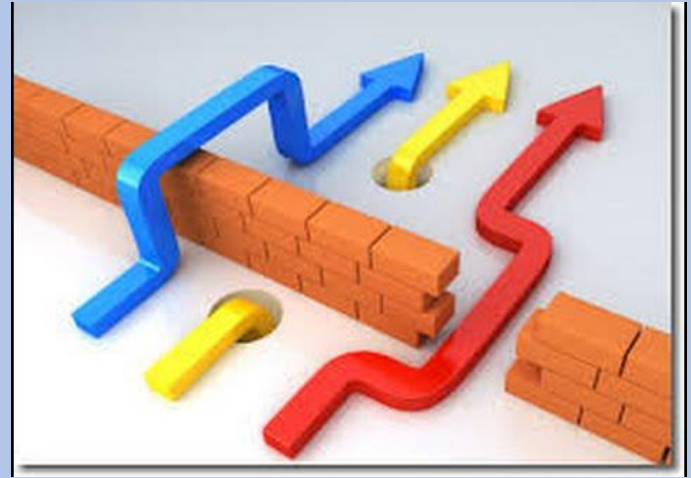


Key

APD- Auditory Processing Disorder
VPD- Visual Processing Disorder
EF- Executive Functioning
ADHD- Attention Hyperactivity Disorder
ADD- Attention Deficit Disorder

Other Barriers to Learning

- Hearing
- Vision
- Early development in language & motor skills
- Focus and Concentration
- Emotional & Social issues
- School attendance



Celebrate Strengths

- Strong memory for stories
- Excellent problem-solving skills (thinking outside the box)
- Brilliant spatial reasoning
- Great Conversationalists
- Wonderfully Creative
- High levels of empathy
- Critical Thinkers



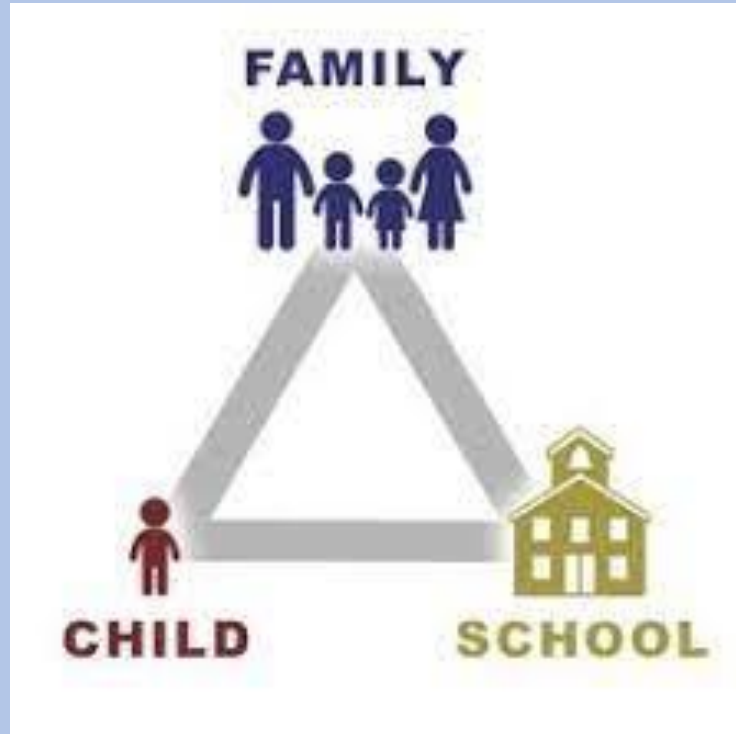


V





Communication



See Dyslexia Differently

It is important to remember that there are positives to thinking differently.

Many dyslexic learners show strengths in areas such as reasoning and in visual and creative fields.



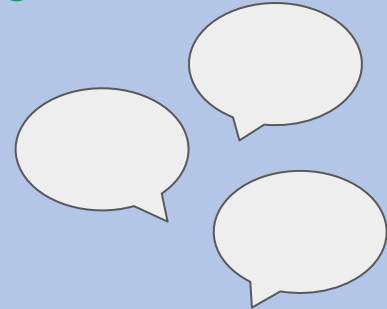
This is a **great** video to share with your child!

Oral Language (talking!)



- Dyslexia Definition - difficulty processing **verbal information**
- Rich language environment can be a protective factor
- Build **strong vocabulary** through **talking**
 - Words you know from talking are easier to read! (and spell!)
- Oracy = talking with **fluency**
 - Discussing, expressing opinion, building an argument
 - Articulating needs, proposing solutions

... if you can say it, you can write it!



Supporting Reading at Home - Top Tip 1

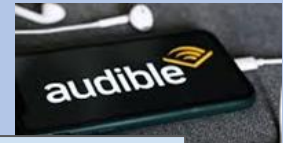
Create a supportive reading environment



**Pleasure
and
meaning**



**Lots of
praise!**



**Read to
your child
when you
can**

**Subtitles
and
Audiobooks**

**Keep reading
practice **short
and fun****

SHORT!

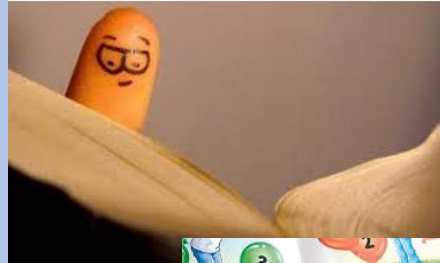
Supporting Reading at home - Top Tip 2

Reading strategies and skills



Turn on the
TV in your
head

Track the
text



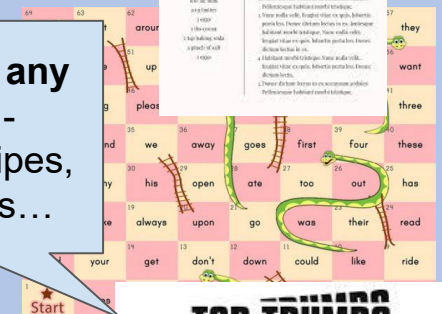
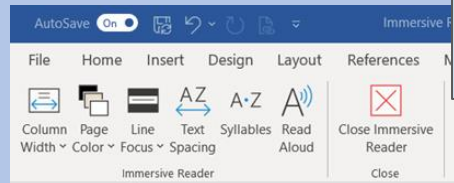
Encourage **any**
reading -
games, recipes,
signs, texts...



Discuss and
ask
questions



Use "Read
Aloud"
functions

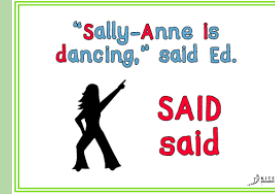


Think 5! Word Attack strategies to build success in reading and spelling

1. Use **Phonics** - sound it out e.g. t-r-i-ck
2. Tricky words – what's the **tricky part**?

sed said

How can we remember this?

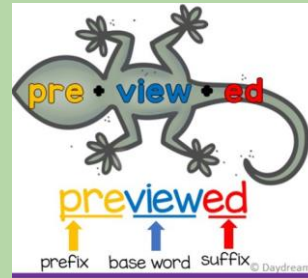


3. Using **syllables** (chunking it) for longer words

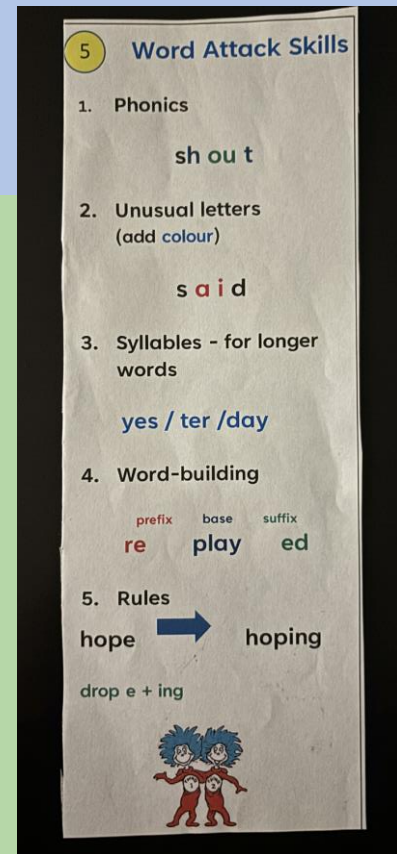
yes- ter- day

4. **Word-building** e.g. re – play - ed

(Prefix – root word – suffix)



5. **Rules** e.g. hope (drop e rule) becomes hoping.



Reading Technique 1: Paired or Shared Reading

Reading together at the same time.

Have a signal for when your child wants to read on their own.

Or, share the reading, taking it in turns to read a paragraph or page of the text.

Reading should be a pleasurable experience. If it becomes stressful, you take over the reading.



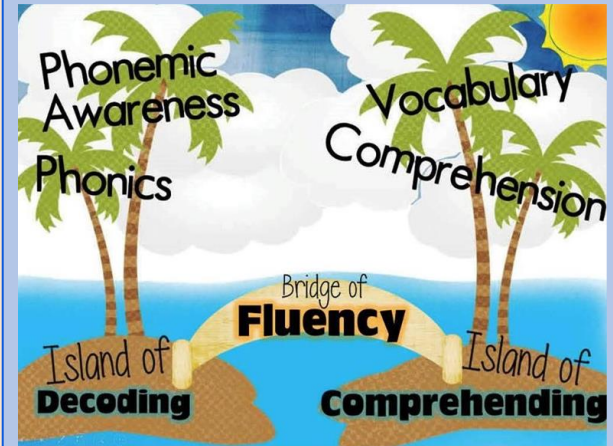
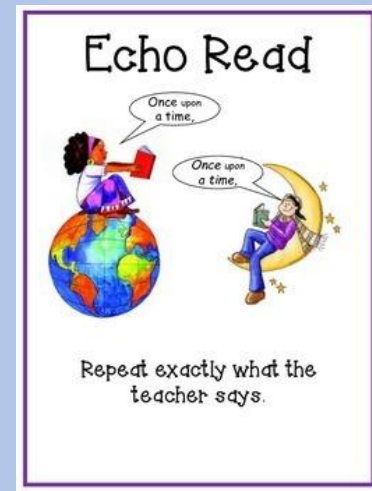
Reading Technique 2: Echo reading

How It Works:

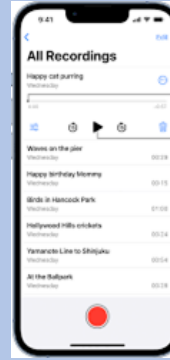
- Parent/teacher reads a short passage aloud with expression
- Student repeats the passage, mimicking tone and pace
- Practice continues with small chunks of text

Why Use Echo Reading?

- ✓ Models fluent reading
- ✓ Builds confidence, expression and stamina
- ✓ Improves decoding and word recognition
- ✓ Increases exposure to more complex texts and vocabulary
- ✓ Improves reading comprehension



Repeated
Reading
increases
accuracy,
fluency and
comprehension



Ensure your child has exposure to decodable, levelled and authentic texts



Decodable, catch-up readers.

Use decoding skills and then

Repeated reading to build fluency.

Phonics Books



High interest: low reading age books.

Uses reading age. If independent then 90-95% accuracy.

Suitable to use for echo reading/ paired reading.



**Audio books –
Audible
Audiobooks
LibriVox**

Read to your child or use paired reading.

Need to increase exposure to language-rich texts.

To make learning stick use a **multi-sensory** approach



- Focus on 5/6 key words to learn to spell.
- Think **5** word attack strategies!!
- Look for the patterns in the list e.g. naTION, staTION, InformaTION.
- Use letter names if they are tricky words (words you can not sound out e.g. there, could, people).
- Make it fun and use more than one sense.
- Give lots of chances to reinforce learning by repeating the spellings - use games and fun activities.



Spelling apps

www.callscotland.org.uk - Wheel of apps.



Spaced Learning - reduce the forgetting!

- After 3 ticks ☒ on 'daily', move to 'weekly'.
- After 3 ticks on weekly test move to 'monthly'.
- If incorrect move back to 'daily'.



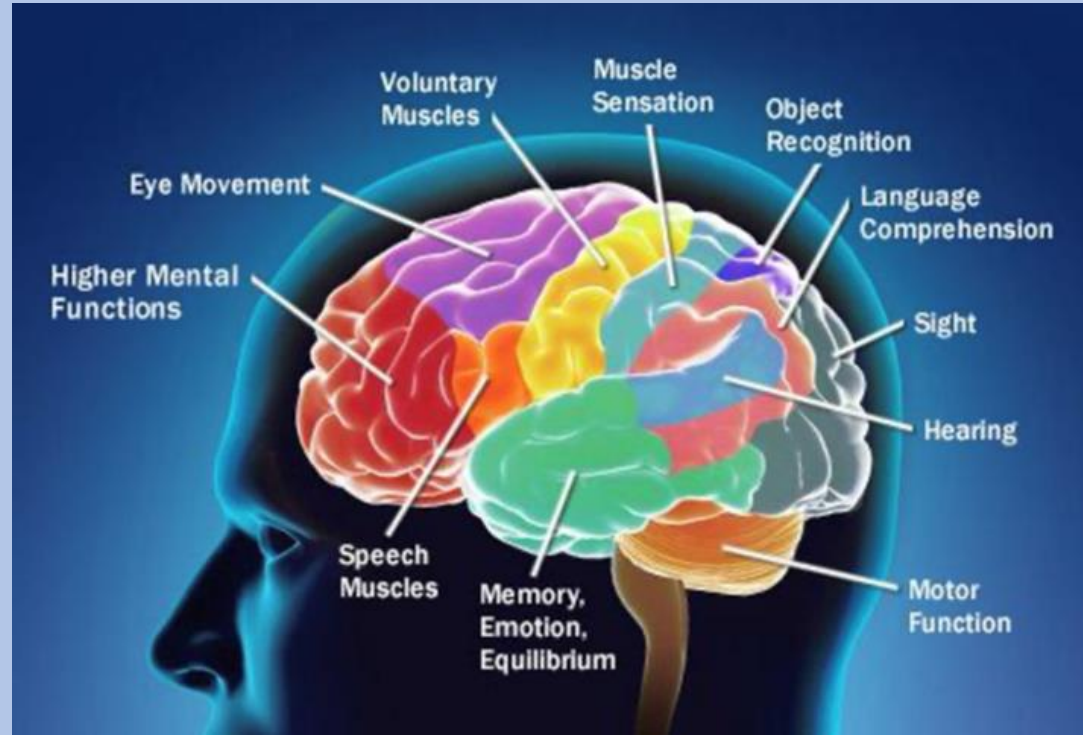
Writing

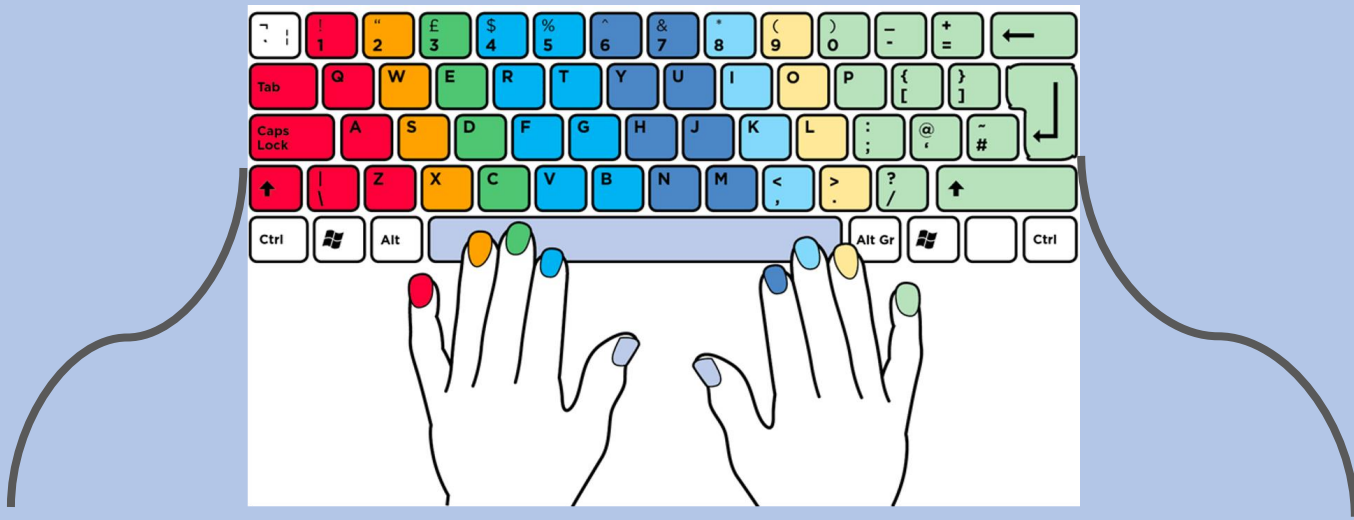
- Are they using the correct pencil / pen?
- Talk about it first
- Help them with key words
- Scribe for them
- Voice to text
- Focus on the content rather than the mechanics



Touch Typing

**Frees up your
mind to focus
on the
content and
quality of
writing**





ENGLISH
TYPE



Maths

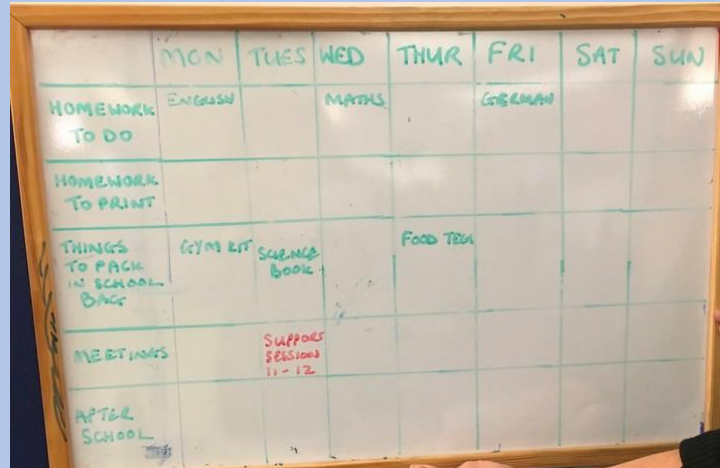
- Play card and board games
- Link to everyday life
- Using concrete resources to support learning
- Model examples
- Link to prior learning
- Get them to explain how they did it



Organisation



- To do lists
- Find a place for school work / equipment
- Voice recordings (iPad for timers)
- Post -it notes



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Equipment Needed							
Before school/ Morning							
After school / Afternoon							
Evening							

Homework

- Establish a routine
- Be supportive
- Allow them to make mistakes (FAIL = First Attempt In Learning)
- Stick to the time and know when to quit



Develop a Growth Mindset



- Don't be afraid to fail and get things wrong
- Understand that learning is a journey filled with highs and lows
- Don't allow Dyslexia to become an excuse
- Be full of praise and positivity
- Give emotional support



Self Advocacy

Encourage Self-Advocacy

Work out what helps them learn

Help them become independent

- Get bag ready for school
- Chores
- Tidy room
- Travel



PRAISE, PRAISE, PRAISE

Sleep and Down Time



Useful organisations for support and advice on dyslexia/ literacy-type difficulties



- <https://www.bdadyslexia.org.uk/advice/children/sign-up-for-your-free-guide-for-parents-download>
- <http://patoss-dyslexia.org>
- www.madebydyslexia.org
- <https://connectionsinmind.com>



Jamie Oliver and the BDA

Channel 4 Documentary





Bell House, Dulwich

Annual Dyslexia Fair 26th September 2026!

plus...

FREE Monthly Advice Surgeries

FREE parent talks and workshops

FREE Dyslexia training for staff

Touch Typing courses

Twice-yearly parent course (Spring and Autumn)

FREE EVENT

BELL HOUSE
for wider learning

10am to 4pm
doors open at **9.45**

DYSLEXIA FAIR 2026

BEYOND THE PAGE

EXPERT ADVICE • WORKSHOPS • TALKS • CAFE

SATURDAY 26th September

Any Questions

