

Guidance for Parents/Carers

- At home keep any additional learning and activities fun.
- Remember your child will have had to work very hard during the day and will be tired.
- Play games i.e. I-Spy, Snap, Kim's Game, I went to market....etc. (Games that assist learning in addition to being fun).
- Puzzles i.e. dot to dot, following mazes, spot the difference are useful for improving hand-eye coordination.
- Talk about school - likes and dislikes, what he/she is good at, worried about.
- Talk about interests, films, books, games etc.
- Try to avoid the situation where the non-dyslexic brother or sister does all the talking.
- Read stories to and with your child.
- Don't criticise his/her choice of reading material.
- Learn spellings together using the 'look, cover, write, check' method.
- Help your child with organisation - reminding them to check that they have everything they need for the day, have completed homework etc.
- Avoid giving your child too many instructions.
- Use a notice board to keep messages on.
- Use boxes/containers to store things in and encourage organisation.
- Keep a supply of pencils, rubbers pens etc for when things go missing.

- Encourage him/her to use the computer and assistive software.
- Use a checklist to keep up with events and weekly planner to help organisation.
- Have a friend's telephone number at hand for those occasions when e.g. homework needs to be checked.
- Give praise where praise is due.
- Try to stay calm.
- Talk to the teacher at school if you have any worries/concerns.
- If homework takes a long time and completed with a lot of your help, approach the teacher at school and discuss this.
- Encourage your child to develop strategies for independence.
- Don't do everything - remember you will not be there when they go to university or get a job.
- Talk to other parents of children with dyslexia e.g. contact the local dyslexia associations for help and advice.
- Remember a child with dyslexia usually has to work twice as hard to achieve the same as their peers in some areas of their work and so they may return home from school tired. Keep your patience and avoid confrontations.
- Give your child structure to their day e.g. school - home - tea - chat/T.V./computer game/football - homework - time to unwind - bed.
- Remember help is only useful if it is wanted. If your child resists, be patient but let them know you want to help when they are ready.