

# EUROPEAN DYSLEXIA AWARENESS WEEK

How to help a child with dyslexia?

Mini guide for parents:

1. Praise your child for every honestly made effort. Even if you don't think the effects of this effort are big or important. With time you will notice progress.
2. Short but often- 5-15 minute exercises for reading and writing every day can make a big difference.
3. Without revision you won't succeed. The revision needs to be attentive, if it isn't it can lead to the consolidation of mistakes. When practicing spelling it's better to use more active memory exercises rather than mechanically rewriting words. A great method is:  
LOOK-COVER-WRITE-CHECK-REPEAT.
4. Help your child master effective learning techniques- effective meaning replacing passive "cramming" with understanding. The older the child, the more important this is. Otherwise your child might get overwhelmed with the amount of material that is being covered. Here are a few great techniques:
  - Get your child to shorten and summarize what they're reading. Some helpful questions to doing this could be: "what's the most important thing to remember in this?"; " what's new here?"; " what surprised you when reading this?"; "did you understand everything?"; "what did you learn?". You can encourage them to underline the most important words, phrases or sentences in the text.
  - Teach your child how to transfer the information that they're reading into a mind map.
  - It's worth teaching older children how to take notes. Notes can help remember and learn the content from the text or lecture.
5. Managing time and work can be difficult for people with dyslexia. If your child has a bigger portion of content to learn for example if they have to learn for a test or exam they might need help with planning their work over time.
6. Read to your child. Even to the older children. Pick out something that combines both of your interests.