



PARENT TOOLKIT

Dyslexia



Dyslexia affects how children read, spell, process language, and sometimes how they remember and organise information. With the right support, children with dyslexia absolutely *can* thrive. This toolkit offers clear strategies and resources to help you navigate support at home and school.

Understanding Dyslexia

- Dyslexia is a **neurological difference**, not a measure of intelligence or effort.
- Many dyslexic children have strengths in creativity, problem-solving, imagination, and visual thinking.
- Early support and understanding can make a huge difference to confidence and progress.

Supporting Your Child at Home

Practical strategies that help:

Reading Support

- Use **audiobooks** alongside text – this supports comprehension and builds confidence.
- Read together daily, taking turns to reduce pressure.
- Choose **high-interest, low-reading-level books** to keep motivation high.
- Try coloured overlays or screen tinting, if helpful for visual stress.

Spelling & Writing Support

- Teach spelling in **small, manageable chunks**.
- Use multisensory techniques: saying it out loud, writing in sand, clapping syllables.
- Encourage typing; many children express themselves better with a keyboard.
- Speech-to-text tools (available on most devices) reduce writing fatigue.

Memory & Organisation

- Use checklists, alarms, and visual schedules.
- Break instructions into steps and ask the child to repeat them back.
- Help them organise school items the night before.

Supporting Confidence & Emotional Wellbeing

Children with dyslexia may feel frustrated or compare themselves to peers.

Try:

- Praising **effort**, not accuracy.
- Highlighting strengths (creativity, ideas, thinking skills).
- Reminding them that **dyslexia does not reflect intelligence**.
- Sharing stories of successful dyslexic people (e.g., Richard Branson, Maggie Aderin-Pocock).
- Normalising neurodiversity at home — every brain works differently

Helpful Tools & Technology

- **Text-to-speech** (built into most tablets/laptops)
- **Speech-to-text** (dictation tools on phones, tablets, Google Docs)
- **Nessy** – a UK dyslexia learning platform
- **Reading Eggs, Lexia**, and similar structured literacy apps
- **Audiobooks** (Audible, BorrowBox via local libraries)

Tech reduces barriers and boosts independence.

Dyslexia Charities & Support Organisations

British Dyslexia Association (BDA)

- National charity offering helplines, advice, dyslexia-friendly teaching guides, and parent resources.
- Website: **britishdyslexiaassociation.org.uk**
- Helpline: **0333 405 4567**
- Also offers diagnostic assessments (fee-based) and training.

Helen Arkell Dyslexia Charity

- Offers assessments, tuition, courses, and practical resources.
- Website: **helenarkell.org.uk**
- Supports families across the UK

Patoss (Professional Association of Teachers of Students with Specific Learning Difficulties)

- Directory of qualified specialist teachers and assessors in your area.
- Website: **patoss-dyslexia.org**

Dyslexia Friendly Schools – Gov/Local Offer

Local councils in England must publish their “**Local Offer**,” including dyslexia support and services:

- Search “Hampshire Local Offer” to find services near you.

Recommended Books & Guides

- *The BDA Parents’ Handbook* – British Dyslexia Association
- *Dyslexia: A Complete Guide for Parents* – Dr. Gavin Reid
- *The Dyslexia Guide for Parents* – British Dyslexia Association
- *Made by Dyslexia Toolkit* – free online resources (madebydyslexia.org)

Dyslexia does not limit your child’s potential. With understanding, the right support, and a nurturing environment, dyslexic children can grow into confident, capable learners who think in wonderfully original ways.