

Helping Children with Dyslexia: Strategies for Parents

1. Read to and with your child often. Let your child experience reading for enjoyment.
2. Encourage your child to listen to recorded books. (Tip: People with dyslexia are eligible to use the Carnegie Library for the Blind and Physically Handicapped, a free resource.)
3. Spend some time working on fluency with your child, but do not have fluency exercises take the place of reading for enjoyment.
4. Provide structure for the day: set a morning and evening routine that is predictable. Try to have a consistent time and place to do homework.
5. Let your child have a break before doing homework. He or she is probably very tired after school. Feed your child a high protein snack (peanut butter, cheese, cereal and milk).
6. Help your child manage time and tasks. Use a calendar or assignment notebook to track homework deadlines. Break major assignments into smaller, more manageable tasks with intermediate deadlines.
7. Talk to the teachers often. Know what is going on. You must be your child's advocate, so don't hesitate to ask for help, and know your legal rights in getting support services.
8. Help your child understand what dyslexia is and practice helping him or her talk about it with other people. Make sure s/he knows how many successful people cope well with dyslexia.
9. Support your child's strengths. If he or she likes softball, cooking, photography, etc. make sure there is time for that activity. All children need a chance to shine.
10. Be positive! Reward your child for effort, not just for success.

For more information:

www.eida.org International Dyslexia Association

www.pbida.org Pennsylvania Branch of the IDA

www.nclld.org National Center for Learning Disabilities

www.understood.org NCLD's site for parents

www.wrightslaw.com Information on legal rights and suggestions for how to advocate successfully for your child

www.ldonline.org Articles and information about Learning Disabilities

<http://www.professorgarfield.org> Stories and games for grades K-8

<http://www.carnegielibrary.org/lbph> Get free digital books for your dyslexic child

Books:

Overcoming Dyslexia. Sally Shaywitz. New York: Alfred Knopf, 2003.

Straight Talk about Reading. Susan Hall and Louisa Moats. Chicago, IL: Contemporary Books, 1999.

From Emotions to Advocacy. Pam Wright and Peter Wright. Hartfield, VA: Harbor House Law Press, 2002.