



Top Tips of how to support your child with dyslexia and other SEN conditions...

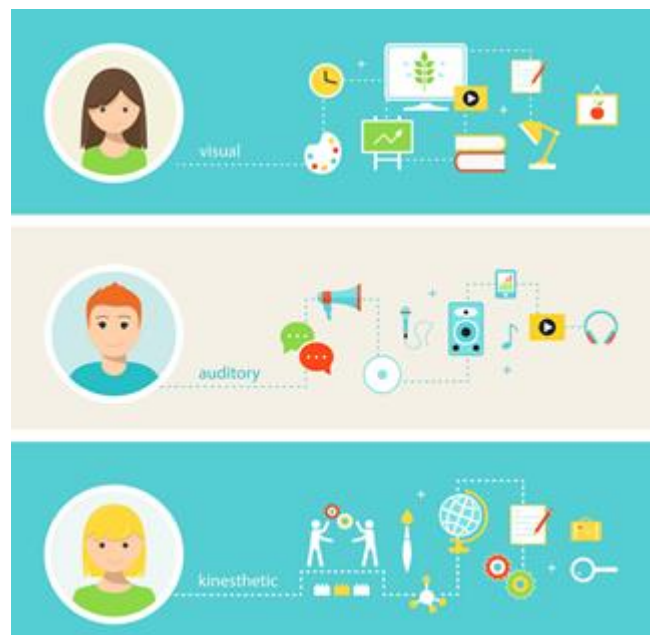
First of all – you know your child better than anyone – you mustn't put too much pressure on yourself and worry that you might be doing something wrong. You won't be. Enjoy your time together!

To begin with...

- Routine – establish a daily routine and create a timetable for the day. You and your child could make a visual timetable together using pictures
- Create a learning space at home
- If your child has an EHCP or a Pupil Passport then use these learning goals as your starting point
- Quality and not quantity is the key. 30 minutes of targeted, quality work is better than slogging away for 2 hours
- Remember that a little bit of reading, writing, spelling and maths every day will make a HUGE difference over time

It's not all about reading and spelling!

- Fresh air and exercise is vital for quality learning
- Life skills – cooking, learning to use the washing machine, learning about finance (try the MoneySense website www.mymoneysense.com which has excellent targeted resources for children aged 5 to 8, 8 to 12 and 12 to 16), improve your typing skills
- Playing board games
- Art – model making, drawing, sewing, painting, collage, knitting...
- Puzzles and quizzes





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How do I make learning fun?

- Make it multisensory – hands on, do, play, act, sing, discover, create pictures, diagrams, flow charts, mind maps, talk, discuss, share, teach a younger / older sibling, move, use sticky notes, take notes, experiment!
- Bitesize Chunks – break each task down into small, bitesize chunks and do a bit at a time
- Overlearning – revisiting each topic on a regular basis is the only way that the knowledge and understanding will transfer to your child's long term memory

The science behind it...

Structured, multisensory, cumulative learning supports memory by activating different parts of the brain and promoting meaningful connections between concepts. It helps to develop neural pathways in the brain and it involves making clear links between the visual, auditory, kinaesthetic and tactile senses (VAKT).

Try and make sure that at least two (preferably three or four) senses should be engaged at the same time in any activity.

Let's focus on spelling

A fantastic technique to help your child remember how to spell words:

Equipment: paper, pen, coloured pencils or felt tips

Environment: sit next to your child at a table. This technique combines hearing, seeing and doing methods (VAKT).

Don't miss out any steps!

1. First, say the word. This is repeated by your child.
2. Next, write the word. Say each letter as you write it. Use the letter name, not the letter sounds.
3. Say the word aloud when you have finished writing it.
4. Now your child writes the word, saying each letter as s/he writes it.
5. Your child says the word aloud when s/he has finished writing it.
6. Next, your child takes a coloured pencil or felt tip and traces over the letters, again naming each letter as s/he writes it.
7. Your child says the word aloud when s/he has finished writing it.
8. Repeat steps 6 and 7 a few times until your child feels confident s/he can remember how to spell the word.
9. Take away the paper and ask your child to write the word.
10. It's best to learn only 2 or 3 words per session in this way.

This spelling technique is called the Simultaneous Oral Spelling Technique (SOS) and is promoted by the British Dyslexia Association (BDA). For more helpful information go to training@bdadyslexia.org.uk

Have fun!
Mrs Finney