



Sarah Hill - Sensory Integration Lead



Dyslexia Newsletter

Dyslexia – What is it?

Dyslexia is a specific learning difficulty which affects the way the brain processes language. As a result, people with dyslexia may struggle to acquire skills in reading, writing and spelling.

There is a strong hereditary factor, with dyslexia running in families. However, this is not the only cause. There are 3 other theories (the phonological deficit theory, the magnocellular system deficit theory or the cerebellar impairment theory).

Dyslexia – What does it look like? What do some of the common signs include?

- Low self-esteem (may feel stupid that they can't do what their peers can)
- Poor phonic awareness (the ability to identify individual sounds within a word. Eg: su-per-mar-kit)
- Prone to spoonerisms (eg: park car instead of car park)
- Confuses concepts (eg: left/right, up/down)
- Confuses letters (eg: 'b' and 'd' // 'w' and 'm' // numbers like 6 and 9.
- Poor memory skills
- Poor organisational skills (this could be general tidiness, physical organisation such as books, homework etc or time management skills)
- Poor reading speed and fluency
- Incorrect letter order within words (eg: aoreplane)

Strategies



Remove distractions — By keeping things consistent, it is one thing less for an individual with dyslexia to remember. Eg: Always sit at the same table, not allow lots of conversations at the same time, or students will find it hard to concentrate and ignore the irrelevant stimuli.



Regular breaks — Individuals with dyslexia may struggle with concentration. By having regular breaks it will increase their productivity. Plan for their optimum concentration span.



Highlighter pens — Use different colours for different information. Eg: blue is homework, yellow for equipment to bring and orange for information for parents to read.



Visual imagery – can be a useful strategy to help them think of something when they need to recall information.



Say no - Some individuals with dyslexia have poor time management skills and unintentionally, can take on too much. By teaching individuals to say 'no' politely will reduce the risk of individuals of becoming overwhelmed and increase their self-esteem.



Coloured overlay – Some people with dyslexia are sensitive to bright lights or glare. Coloured overlays may help.



Technology – Teach touch typing skills which will increase their writing ability or use voice recognition software. Other strategies include text reading software and spell checker correction facilities.



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