



Let me tell you
about Dyslexia



Hi, my name is Jo and I have Dyslexia. I would like to tell you about it and how you might be able to help people like me who have Dyslexia.

Dyslexia makes it harder to learn. The main problems are related to reading, spelling, writing down thoughts, figuring out mathematical answers and recalling words. People with dyslexia can be very good at other things for example the arts or music. People with dyslexia learn really well when they are shown what to do.



Most people can learn the alphabet and phonics without too much trouble. I have trouble remembering letter sounds (phonemes). I find vowels and long vowel phonemes confusing.

People with dyslexia find it hard to separate the sounds in words, words may just appear to be one sound. People with dyslexia will need lots of support to help them read, take words apart and blend sounds to create new words. Remembering words can be difficult, even when they have been read many times. Paired reading can help.





I can also have problems remembering words when I am talking. I know what I want to say, but I can't think of the correct words. When this occurs I may just say words like **thing** and **stuff**

Sometimes it is hard to read fast because people with dyslexia have to stop to figure out the words, this inhibits flow. Parents or other siblings can often help with homework tasks. Reading aloud is good practise or preparation for any work that needs to be undertaken in school. Many famous actors have dyslexia.



Reading is hard but spelling is even harder. When I think I have learned spellings for a test I sometimes forget how to spell them.

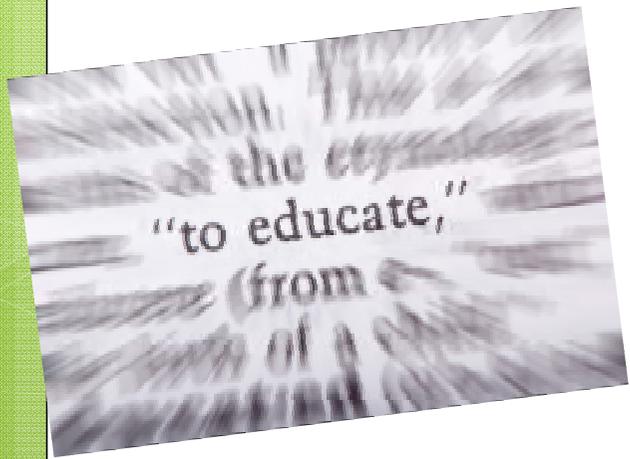
People with dyslexia find silent letters hard to master e.g. gnat. They may write letters in the wrong order or forget to include them at all. Practising saying the letters aloud as they are written can help. If there are tricky parts to a word, sometimes writing them in a different colour can help.





When I start to write my thoughts often get jumbled up and I can't think of the correct words. My problems with spelling also mess up my writing.

People with dyslexia often forget what they want to write. They may forget to use capital letters and full stops. It can be very frustrating when what is written is not what is in your head. Talking to an adult before writing can help, they may take notes as a reminder of the words that are wished to be used. There are special computer programmes which can be helpful if you have dyslexia where the computer will type the spoken words.





I don't have problems understanding most mathematical ideas, but I do have a hard time with other bits of mathematics

It can take people with dyslexia longer to learn numbers. Sometimes numbers are written backwards or in the wrong order so for thirty six they may write 63.

Recall of number facts can also be difficult, also counting accurately.

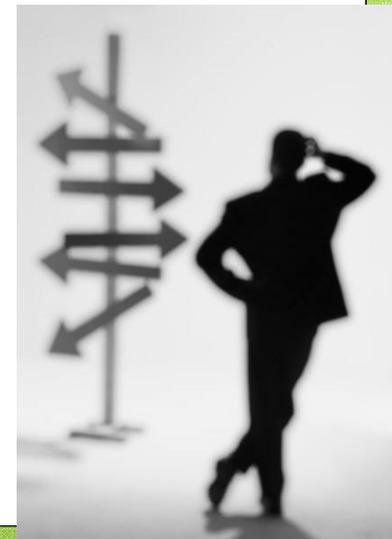
Drawing pictures can help or having someone read number sentences and problems aloud.





If I am asked to do 3 things, I may remember the first 2 but then forget the third.

Understanding and making sense of direction words can be tricky. Knowing right from left side can be confusing. Long directions can be hard to follow and may only be partly remembered. Breaking down orders into manageable chunks is helpful or repeating instructions and checking that they have been understood correctly. Writing things down into lists is very supportive too.





Even though I find school work hard there are some things that I am good at!

People with dyslexia learn well when someone shows them what to do (modelling). They may be very creative and imaginative.





I found out that I had dyslexia when my parents took me to a learning specialist who diagnosed my condition

A special kind of psychologist can do some tests in order to diagnose dyslexia. Certain parts of the brain work differently for people who have dyslexia. Dyslexia does not go away, but there are lots of ways of managing it and finding ways to cope with some of the challenges.





I hope that this is helpful to you in understanding dyslexia. If you know someone who has dyslexia then maybe you will know how to help them a little.

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