

Understanding Dyslexia

What is dyslexia?

Dyslexia is a common learning difficulty which can cause problems with reading, writing and spelling.

Dyslexia can be related to difficulty with memory and processing information. This can make it hard to remember things like instructions and can affect maths and organisation.

Watch this short video to find out more.



Some facts about dyslexia

- Dyslexia usually runs in families and it is life-long.
- As many as 1 in 10 people have dyslexia.
- Both girls and boys can have dyslexia. Girls are sometimes good at 'masking' the symptoms.
- Every person's experience of dyslexia is different. It can range from mild to severe.
- It often occurs alongside other learning difficulties.
- You can learn to read and write if you are dyslexic.
- Many dyslexic people have strengths in areas such as the creative and artistic fields, engineering and science.

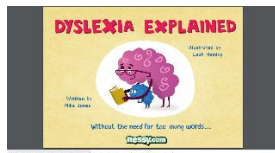
Watch this video to find out more.



Supporting your child with dyslexia

If your child has dyslexia, it is important to talk to them about it. They may be worried or anxious.

Share this booklet with them and learn more about dyslexia together.



Then watch this video about a boy who realises that dyslexia is his superpower!



Praise your child frequently. They need to feel that they have a superpower too, to rebuild their self-esteem.



Signs of dyslexia

There are many different signs of dyslexia. Dyslexia looks different for everyone; not all children will display the same strengths and weaknesses.

Click on the links to find out more.

Early Years

<https://www.bdadyslexia.org.uk/advice/children/is-my-child-dyslexic/signs-of-dyslexia-early-years>

Primary school age

<https://www.bdadyslexia.org.uk/advice/children/is-my-child-dyslexic/signs-of-dyslexia-primary-age>

Secondary school age

<https://www.bdadyslexia.org.uk/advice/children/is-my-child-dyslexic/signs-of-dyslexia-secondary-school-age>