

# Dyslexia

## What is Dyslexia and where to find help and support?

All children learn and develop at their own rate, and reading is no different from other skill building, so it's normal for children to find reading tricky sometimes. But if struggles with learning to read means your child is falling behind, then it's possible that they could have a learning difficulty known as dyslexia. As dyslexia is not something you can grow out of, it is important your child has the right help to develop their reading and writing skills as soon as possible. People with dyslexia are not stupid or lazy, in fact many have above-average intelligence. They often question things, are creative and can see "outside the box". Many people talk about dyslexic people being 'neuro-diverse', meaning that they just think differently.

They key is working out what specific things the person finds difficult and the things they are naturally good at. This can then help to support how they are taught, by using those strengths to support the learning.

## How do I know if my child is dyslexic ?

The most common signs of dyslexia in children are problems reading, writing and spelling. They might have a hard time: remembering words they already know; recognising new words; or breaking them down into chunks they can then sound out. Some children try to avoid reading with challenging behaviour in the classroom or refusing to go to school at all, so it is important to find out what is causing this. It important to remember that lots of people are dyslexic and it hasn't held them back , including Orlando Bloom, Richard Branson, Keira Knightly. There is help and support that can make things much easier for your child.

## Who can help?

- Start with your child's teacher or SENCo and tell them what is worrying you. They can check a number of things to see if they can work out what your child finds difficult. They may seek further help from an Educational Psychologist, who can make a diagnosis if its needed.
- You may need to get your child's eye sight tested you check they can see ok.
- You can find more help and information on the British Dyslexia Association's website: <https://www.bdadyslexia.org.uk/dyslexia>
- PaCDDA is a charity that supports children and adults with dyslexia, their families, schools and employers in Cambridgeshire so have a look at their website [www.pacdda.org.uk](http://www.pacdda.org.uk)
- The best thing you can do is to talk to the professionals and work together to help your child learn and develop.

## Where to find out more on website:

[www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk) and look under Useful Information