

10 Top Tips for Parents and Educators

EMPOWER DYSLEXIC LEARNERS

Dyslexia affects how some people process information relating to reading, writing, and memory. It varies widely between individuals and can influence how learners engage with certain tasks. With the right support and understanding, children and young people with dyslexia can feel confident and included in their learning environment. This guide offers practical tips to help parents and educators create supportive, responsive spaces that promote engagement, independence, and wellbeing.

1 UNDERSTAND DYSLEXIA



Take time to understand the diverse ways in which dyslexia manifests in children and young people. Recognise the challenges and the strengths, from difficulties with literacy to increased creativity, problem-solving, and big-picture thinking. A strong foundation of knowledge leads to more effective support, and by raising your understanding of children's individual ways of working and thinking, you can help them feel proud of who they are.

2 ADAPT TEACHING



Learners with dyslexia often thrive with multisensory approaches, so it's important to explore and adapt teaching styles that engage multiple senses or reduce sensory input when needed. Flexibility is key! Remember, what works well for one learner may not work for another, so encourage pupils to experiment and personalise their own approach to classroom learning.

3 CREATE SAFETY



Foster a classroom culture where dyslexic pupils feel safe to be themselves. When learners don't feel the need to mask their difficulties, they're more likely to engage, take risks, and grow. Think Maslow before Bloom!

4 CELEBRATE ALL ACHIEVEMENT



Recognise and celebrate progress, academic or otherwise. Acknowledging effort and success builds confidence and reinforces a growth mindset. Let young people know you believe in them and help them see their own strengths.

5 SUPPORT NOTE-TAKING



Support children and young people in finding note-taking methods that work for them, such as mind maps, colour-coding, sketches, voice recordings, or digital tools. These strategies not only aid learning now but are valuable skills for future education and employment.

6 SET SMART GOALS



Set SMART goals: Specific, Measurable, Achievable, Realistic & Timely. Focus on what's achievable to build momentum. For example, if a pupil is consistently scoring 3/10 on spelling tests, adjust the target to match their current level and celebrate progress.

7 MAKE LEARNING MEANINGFUL



Connect learning to real-life contexts. Use imaginative, relatable examples to bring abstract concepts to life, for example, using squash ratios or zoo feeding routines to teach proportion - relevance boosts motivation and retention.

8 KEEP RECORDS



Keep a clear, up-to-date record of what strategies and accommodations work best for each learner. This 'case history of need' is invaluable during transitions from one setting or phase of education to another and helps ensure continuity of support - a key component of making reasonable adjustments.

9 TEACH ORGANISATION



Organisation can be a challenge for dyslexic learners. Regular check-ins on homework, projects, and deadlines can make a big difference. Teach and model planning tools, such as calendars, checklists, and visual timetables, to build independence over time.

10 CHAMPION INDIVIDUALITY



Just like fingerprints, no two dyslexic learners are the same. Be open to trying different approaches and encourage students to reflect on what works for them. Promoting self-awareness and independence is one of the most powerful things you can do!

Meet Our Expert

Elizabeth Wilkinson MBE is a pioneering advocate for neurodiversity and the founder of The Dyslexic Dyslexia Consultant. With a career spanning over two decades, Elizabeth has become a nationally respected voice in the field of dyslexia awareness, education, and inclusion.



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