



Do You Think Your Child Has Dyslexia?

It can be worrying as a parent when you notice your child struggling with reading, writing, or spelling. You may see them becoming frustrated, avoiding tasks, or losing confidence in school. If you suspect your child may have dyslexia, it is important to know that you are not alone and that there are clear steps you can take to support them.

In England and Wales, there is growing awareness of dyslexia, and support is available through schools and specialist services. Acting early and understanding the process can make a significant difference to your child's progress and confidence.

What Are the Signs of Dyslexia?

Dyslexia is a specific learning difficulty that primarily affects reading and spelling. It is not linked to intelligence, and many children with dyslexia are bright and capable but process information differently.

Some common signs to look out for include:

- Difficulty recognising letters and sounds
- Slow or inaccurate reading
- Problems with spelling and writing
- Difficulty following instructions or sequencing ideas
- Avoidance of reading or written tasks

You may also notice your child becoming anxious about schoolwork or lacking confidence compared to their peers. These signs can vary depending on age, and not every child will show all of them.

If you have concerns, trust your instincts. Parents are often the first to notice when something does not feel quite right.

Step 1: Speak to Your Child's School

The first and most important step is to speak to your child's teacher or the school's Special Educational Needs Coordinator (SENCo). In England and Wales, schools have a duty to identify and support children with additional needs under the SEND Code of Practice.

When you raise your concerns, the school may:

- Monitor your child's progress more closely
- Provide additional support in class
- Carry out informal assessments
- Place your child on the SEND register if appropriate

This stage is often referred to as "SEN Support". It allows the school to put strategies in place and track whether your child improves with targeted help.

It is important to maintain open communication with the school and ask for regular updates on your child's progress.



Step 2: Request Further Assessment

If your child continues to struggle despite support, you may wish to request a more formal assessment. In some cases, the school may carry this out, or they may suggest an external specialist.

A diagnostic assessment for dyslexia is usually carried out by a qualified assessor or educational psychologist. This will provide a clearer understanding of your child's strengths and areas of difficulty.

In England and Wales, parents can:

- Request an assessment through the school
- Seek a private assessment from a specialist
- Explore whether an Education, Health and Care Plan may be appropriate

An Education, Health and Care Plan, often referred to as an EHCP, is a legal document that outlines the support a child needs. This is usually considered where a child requires more significant or long-term support.

Having a formal diagnosis is not always necessary to receive support, but it can be helpful in ensuring the right strategies are put in place.

Step 3: Put the Right Support in Place

Once your child's needs are identified, the focus should shift to providing the right support. Every child with dyslexia is different, so a personalised approach is key.

Support may include:

- Structured literacy programmes
- Small group or one to one interventions
- Use of visual aids and multi-sensory learning techniques
- Extra time or adjustments in class
- Support with confidence and emotional wellbeing

At home, you can also play a valuable role by creating a calm and supportive environment for learning. Encouragement, patience, and celebrating small successes can have a powerful impact on your child's confidence.

It is important to remember that progress may take time, but with the right support, children with dyslexia can thrive.

Step 4: Consider Additional Tutoring Support

While schools provide support, many parents choose to seek additional help through tutoring. This can be particularly beneficial if your child needs more personalised attention or a different approach to learning.

A specialist tutor can:

- Tailor lessons to your child's specific needs



- Use structured, evidence based strategies
- Build confidence in a supportive environment
- Reinforce learning from school

For children with dyslexia, teaching approaches that are clear, structured, and engaging are especially important. Sessions should focus not only on skills but also on helping your child feel capable and motivated.

Early intervention can make a significant difference, helping to close gaps and prevent your child from falling further behind.

Final Thoughts

If you think your child may have dyslexia, taking action early is one of the most important things you can do. Start by speaking to the school, seek further assessment if needed, and ensure the right support is in place both in and out of the classroom.

Most importantly, remember that dyslexia does not define your child's ability or potential. With the right support, encouragement, and teaching approach, children with dyslexia can succeed and develop a strong sense of confidence in their learning.

If you would like personalised support tailored to your child's needs, get in touch with Adirose Learning today to find out how we can help your child build confidence and thrive in their learning.