**Celebrating your child’s strengths**



As a concerned parent/carer, you perhaps feel that a lot of your time and energy focuses on the difficulties your child with dyslexia may be encountering. This can particularly be the case in the school environment, where much of the emphasis is on reading, writing and personal organisation. It is just as important, however, to also help your child to recognise and celebrate their strengths, which will boost their self-esteem.

 This interesting book by Margaret Malpas, aimed at parents/carers, is based on research into how children with dyslexia go on to achieve success in life. The book suggests that one of the most important factors which enables a child or young person with dyslexia to succeed is having the support of someone in the immediate family, such as a parent or carer. Other factors include having good self-esteem and making the most of creativity.

As an involved parent/carer, you have a vital role to play in giving your child lots of opportunities to try different activities and to hopefully find things they enjoy or even feel passionate about. This will help to build self-esteem and go a long way to protecting them from any negative feelings they may have about themselves, stemming from things they find difficult.

# **Activities for the summer holidays**



* While your child will need a break from formal schoolwork, try to keep regular reading sessions so that he/she maintains their skills over the long break; refer to previous DOT newsletters on Reading Activities and Audiobooks for more support on reading with your child.



* Encourage your child to do activities to develop their creativity, such as painting, making models, drawing a cartoon, making a video, cooking, gardening, dancing, drama, computer programming, playing an instrument.



* Painting apps like Lake: colouring books are available for tablets with a large palette of colours and the option to keep painting within outlines if this is something your child finds difficult.
* Look for opportunities to talk about your child’s achievements and try to praise the specific skills they have used, e.g. ‘You read the instructions really **carefully** when you made those cakes;’ ‘It was great to see how you **worked** **out** how do make the tricky part of that model.’
* Help them to recognise their strengths and support them to transfer these skills to other areas, e.g. if they show persistence and willingness to train in a sport, can these attributes be transferred to their learning?

# **Helpful organisations and websites**

 The [Helen Arkell Dyslexia Charity](https://www.helenarkell.org.uk/about-us/what-we-do/support-parents.php) has a section for parents/carers, including FAQs and Top Tips for Reading, Handwriting, Spelling, Memory and Organisation. There are support podcasts for your child, along with a section on famous people with dyslexia. Online training for parents/carers is available, including a workshop on supporting your child’s self-esteem

 The [British Dyslexia Association](https://www.bdadyslexia.org.uk/advice/children) (BDA) has lots of information and guidance for parents/carers. There is an [Empowered Parents](https://cdn.bdadyslexia.org.uk/documents/Empowered-Parents-2021.pdf?mtime=20210617145306&focal=none) pack with information on how to support your child at home, working with your school to secure a diagnosis and support, and what support the law entitles a young person with dyslexia to and how to access it. There is also information on how to find a specialist tutor and e-Learning courses for parents/carers.

 The [Dyslexia-SpLD Trust](http://www.thedyslexia-spldtrust.org.uk/4/resources/1/parents/overview/) hosts Parent Champions, which is a platform run by parents/carers of children with dyslexia. Information includes Ten Top Tips for getting your child into reading and a fact sheet on how to organise a parent event such as a coffee morning.

 [PATOSS](https://www.patoss-dyslexia.org/Tutor-Index-Landing) can provide information about finding a specialist tutor or assessor if you are considering getting a dyslexia diagnosis for your child.

 [Happy Dyslexic](https://www.happydyslexic.com/node/4) has lots of examples of people with dyslexia who are successful in a wide range of industries to inspire your child.