



Coffee Morning Newsletter - Dyslexia



What is dyslexia?

What is dyslexia? (Rose, 2009)

The Rose Report states dyslexia:

- ❖ Primarily affects skills involved in accurate and fluent **word reading and spelling**.
- ❖ Characteristic features – **difficulties in phonological awareness, verbal memory and verbal processing speed**.
- ❖ **It is a continuum** with no clear cut off points.
- ❖ **It occurs across the range of intellectual abilities**.
- ❖ **Co-occurring difficulties** may be seen in aspects of language, motor co-ordination, mental calculation, concentration, and personal organisation, but these are not, by themselves, markers of dyslexia.
- ❖ A good indication of the **severity and persistence of dyslexic difficulties** can be gained by examining how the individual responds or has responded to well-founded intervention.

British Dyslexia Association

Find out more about dyslexia and ways to support your child.



The Dyslexia Association

Find out more about dyslexia and ways to support your child.



Crossbow Education Acetate

Difficulty with reading black on white, such as words appearing to move around on the page, or letters seeming to blur or fade, is called visual stress. This is common in dyslexia and other specific learning difficulties, but can exist on its own. Reading through the right colour can help reduce the visual stress that is often connected with dyslexia.



Berrywood Supporting Families

Padlet and SEN Padlet – signposting to resources and information.

[Supporting Families Padlet link](#)

[Special Educational Needs Padlet link](#)

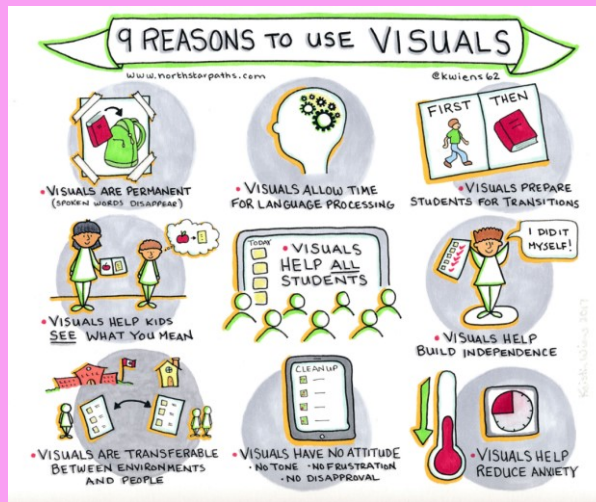
Chat Health – A texting advice service for parents and carers.

[ChatHealth link](#)

Children 0-5 years – Text on:
07520615720

Children 5-19 years – Text on:
07507332417

The Use of Visuals



Visuals help a child:

- Process the spoken language while having an image to support.
- Have something to refer back to, without needing to ask or be reminded.
- Builds self esteem as it allows for independence and reduces anxieties.

Here are some examples of visuals you could use at home:

- ❖ A photo of your child ready for school so they have a visual reminder for their coat, shoes, bag etc.
- ❖ A drawing of a hairbrush and a toothbrush that your child crosses out when they have completed the tasks.
- ❖ Drawing images of the activities you have that evening for them to follow.
- ❖ A calendar with information with evening activities, meals, weekend schedules on.
- ❖ Ask your child's class teacher for any word mats they use in school to support with reading and writing at home.

Other Ways to Help

- Break information into smaller chunks so they can process the information before adding more information.
- Use mnemonics when practising spellings (because – Big Elephants Can Always Understand Small Elephants).
- Use dyslexia friendly books eg Barrington Stoke.
- Use websites to support development for children with dyslexia, eg Nessy.

Next coffee morning – Visit from the School Nursing Team

Wednesday 22nd May at 9am

in Berrywood's School Hall.

Everyone is welcome to this FREE event, just turn up on the morning.

Upcoming training course for parents

10-week Nurturing Programme in April 2024

The Nurturing Programme Information for parents and carers about how to get the best out of family life



Where	Berrywood School
When	Starting in April, every Friday for 10 weeks. Parents will need to commit to the full 10-week programme. <i>You need to come to all ten sessions as they fit together like a puzzle</i>
Who	The course is suitable for between 8 to 10 people. If both parents want to attend, this will use 2 spaces.
Contact details	If you would like to attend, please email your interest to Sarah Dean and sdean@berrywoodprimary.co.uk and Jo Everett jeverett@berrywoodprimary.co.uk

Please note: spaces are limited. If we are oversubscribed we will keep your name on a wait list as there will be another course in the Summer term.

What is the Nurturing Programme?	Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life. A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.
What does it cover?	Over the 10-week Programme, you will look at lots of different topics, including: Understanding - why children behave as they do Recognising - the feelings behind behaviour (ours and theirs) Exploring - different approaches to discipline Finding - ways to develop co-operation and self-discipline in children Learning - the importance of looking after ourselves
How Nurturing Programme Parent Groups have helped other parents	"I am a much more confident, positive and understanding parent. I feel much more able to cope now." "We are having less family arguments and the household is a lot calmer." "The group was fun. It's the only two hours I have for myself each week." "The atmosphere was really relaxed. No-one judged anyone and everyone was listened to and respected."

The Building Blocks of the Nurturing Programme



Check out familylinks.org.uk for more information on *The Parenting Puzzle* book and the Nurturing Programme.