Dyslexia Explained

Illustrated by Leah Heming

Written by Mike Jones

Without the need for too many words...

nessy.com
INTRODUCTION
How to use this book.

CHAPTER 1 understanding dyslexia
Discover how dyslexia affects learning and memory.

CHAPTER 2 types of dyslexia
Understand the different types of dyslexia.

CHAPTER 3 what people with dyslexia are good at...
Meet some brilliant people who lived with dyslexia.

CHAPTER 4 dyslexia difficulties
Find out how dyslexia impacts on processing words, numbers and study.

CHAPTER 5 helpful strategies
Learn strategies that help with memory and understanding.

CHAPTER 6 what works best for dyslexia?
See how the Nessy program changes the way you learn, read and write.
This book helps parents understand dyslexia: the positives, the difficulties and what helps. After reading, use it to help explain dyslexia to your child. Sections suitable for children show this icon.

Dyslexia causes low self esteem. It makes learning to read and write much harder and affects the whole family. Every person with dyslexia needs to find the mental strength to get through school. The first step on that journey is to understand dyslexia and rediscover the self belief and determination to succeed. Dyslexics tend to think in pictures rather than words so illustrations are used to explain each point. We hope you enjoy this book.
CHAPTER 1
understanding dyslexia
Dyslexia was discovered more than 100 years ago.

But many people still don’t understand it.

discovered by Doctor Berlin

1887
Dyslexia is passed through families.

Do you know someone in your family with dyslexia?
1 in 10 people have dyslexia.
Dyslexia is neurological. The dyslexic brain processes written and spoken information differently. Sometimes the information is forgotten, jumbled up or bits are missing.
DYSLEXIA warning signs
Problems when reading

- losing your place
- misreading
- limited comprehension
Difficulties when writing

- forgetting punctuation
- finding the right words
- difficulty organising ideas
Difficulty remembering sequences:

- Alphabet: ABCDEGHK?
- Phone numbers
- Days and months
Tough tasks

- Recalling names
- Finishing on time
- Staying focused
What is forgotten?

Things I read

Stuff I'm told

To write down my homework
Doesn’t like school

unhappy

withdrawn and quiet

angry and frustrated
Dyslexia is a difference in the way the brain processes words.

However, it affects much more than reading and writing. It also causes difficulty with organisation, maths and memory.
Dyslexia covers a spectrum of difficulties.

What kind of dyslexia do you have?
VISUAL PROCESSING DYSLEXIA

word -> mord
Visual difficulties

- slow processing
- inaccurate copying
- mixing up letters
AUDITORY
(hearing)
PROCESSING
DYSLEXIA

to

word  -->  wrod
Auditory difficulties

- Forgetting instructions
- Losing attention
- Distracted by noise
SLOW PROCESSING SPEED

(it takes much longer)
Dyslexia causes slower information processing when...

- learning in the classroom
- writing a story
- reading a book
- doing homework
WORKING MEMORY
DYSLEXIA

3 + 5 = ?

work in progress
Working memory can store between 5 and 7 chunks of information.

But those with dyslexia struggle to remember even 3.
PHONOLOGICAL DYSLEXIA

(working with sounds)
Phonological difficulties

- splitting words into syllables
- blending phonemes
- rhyming (e.g., win, thin, tin, in)
Every person is slightly different depending upon what sort of dyslexia they have. It is important to find out what type of dyslexia you have. This will help you to find out which learning approach will work best.

Try Dyslexia Quest. A 20 minute dyslexia screener.
CHAPTER 3
what people with dyslexia are good at...
People with dyslexia have the ability to imagine how everything works together and picture how things will end up. This is a great leadership skill.
Thinking outside the box

People with dyslexia are able to see things from a different angle and come up with unusual ideas.

When I stare into space, ideas drop into my head.
Being able to imagine a vision of the future combined with an unconventional approach has helped some people with dyslexia become successful entrepreneurs.

Steve Jobs
creator of Apple
40% of self-made millionaires have dyslexia.

Richard Branson
entrepreneur

400 companies

5 billion

£ $ €
Spatial awareness

People with dyslexia are better at imagining how objects and spaces will connect.
Some of the world’s leading architects have dyslexia.

Spatial understanding helps them to develop their ideas into amazing buildings.

Richard Rogers architect
Creative ideas
Benjamin Zephaniah
poet, writer
and musician

Even though dyslexia causes difficulty with the process of reading and writing it doesn’t stop you being very creative with words.
Famous actors with dyslexia

Some people with dyslexia channel this creativity into acting.

Whoopi Goldberg
Keira Knightley
Orlando Bloom

actor  actor  actor
Picture thinking

People with dyslexia are often visual thinkers and this makes them good at problem solving.
Top code breakers are able to crack complex problems because their dyslexia helps them find patterns.
Many talented scientists have dyslexia.

Astrophysicists with dyslexia are better at detecting unusual details in large images of space.

Christopher Tonkin
scientist
Creativity, strong visualisation, problem solving abilities and an unconventional way of looking at things have helped many people with dyslexia to succeed in life.

Think about what you are good at and choose a path that uses your strengths.
CHAPTER 4
dyslexia difficulties
Words get jumbled in my head.
The word sounds right but looks wrong.

with
was
they
wiv
wos
thay
I often forget silent letters when I spell.

stick
white
friends
huge
Sometimes I mix up the order of the letters.

felt

two

fire

who

flet

tow

fier

how
I often confuse homophones.
(words that sound the same but are spelled differently)

there
their
they’re
Sometimes I reverse numbers and letters.
I have difficulty copying.
I am slower at writing.

I have lots of ideas.

but I can’t write them down.
Sometimes it seems like
my brain hops over words.
I make mistakes when I read out loud.
I can’t focus when it’s noisy.
I mix up similar sounding words.
I have trouble recalling instructions.

do your homework

read a book

then you can play
I mix up left and right.
I have difficulty remembering a sequence of steps.

Like tying a knot.
Dyslexics often lose or forget things.
GOOD DAY

today
I remember
it all

BAD DAY

some days
I forget
everything
Most children will show difficulties like this for a short while but will quickly develop their abilities.

For many children with dyslexia, the difficulties will be more severe and persistent, causing them to fall behind. Every individual with dyslexia is different and no one will have all these difficulties. It depends on what type of dyslexia you have.
CHAPTER 5
helpful strategies
Rhyming words can help you spell.
Using mnemonic memory strategies helps to spell difficult words.
Mispronouncing words can also help you spell.
Learning syllables helps to read and spell long words.
Linking sounds to a funny picture helps to split the syllables.
Linking a picture to a word will make it easier to learn. To remember lots of words, link the pictures into a story.
Picture thinking can help you remember names.

MIKE  LORRAINE  FRED
Looking at words and copying them is not an effective way for people with dyslexia to learn to spell but there are many learning strategies that can help.
CHAPTER 6
what works best for dyslexia?
Use encouragement and praise.

1. Reward small achievements
2. Self belief
3. Success
Know how people with dyslexia learn

small steps

logical structure

Phonic patterns

learning strategies
Use a logical learning structure of **SYSTEMATIC PHONICS**
multisensory learning
1. Identify my difficulties
2. Work at my pace
3. Find helpful strategies
4. Learn what I need

Use an individualised approach
link pictures to sounds and words

understand the structure of language

spelling rules

rhyming and blending

syllables prefixes suffixes

magic e
recognise that everyone has different strengths

What is your strength?

visual thinking

listening saying

actions
School is hard when you have dyslexia.

With the right approach and enough time, every person with dyslexia can succeed.
Individuals with dyslexia benefit from a supportive environment combined with an individualised, multisensory program of learning, structured into small steps.

The Nessy Reading and Spelling program has been designed to include all of these strategies for success.
Nessy offers an innovative approach to learning that is ideal for children with dyslexia.

For a free trial visit:  
www.nessy.com/uk/register-trial/


**WHO IS NESSY?**

Nessy has been making fun, and multisensory educational software that supports learners with dyslexia and learning disabilities since 1999. Since its launch, Nessy has built a reputation for exceptional quality and recently has been the winner of the prestigious Educational Resources Awards for three successive years.

Nessy programs are used in schools worldwide to help children rebuild self confidence, rediscover self esteem and establish a love of learning.

Independent research studies on Nessy Reading and Spelling show that students who use the program can increase their reading abilities by up to 2 years in as little as 18 weeks!
Mike Jones is a parent, entrepreneur and has dyslexia. At 9 years old Mike could not read or even spell his own name. To help him his mother homeschooled for a year and created a series of techniques that proved to greatly develop his ability to understand and retain information. His mother’s intervention transformed Mike’s ability to retain information and he soon went from bottom of the class straight to the top.

When Mike left school, he went on to study law whilst his mother set up a school to help other children with dyslexia. In his free time, Mike helped out by answering the telephone at her school. Mike recalls how conversations all started the same way with parents desperate for help. Mike knew that he needed to take the successful techniques that had helped him and make them available online for everyone. In 1999, Mike launched Nessy Learning: a company that aims to support learners with dyslexia and learning disabilities. To date, more than 20,000 schools and hundreds of thousands of children have used his programs worldwide.
“At the age of 8 I found out that I had dyslexia. This really worried me as I thought people would treat me differently and I wouldn’t fit in. Nessy helped me to overcome this fear as it gave me a lot of confidence with reading and spelling.”

Lucy

“The first time I met Nessy he was in the computer but now he is in my head and when my class are doing a big write Nessy is helping me. I just open the door in my head and Nessy is there to help.”

Eve

“If you are looking for a hilarious game that will also improve your reading skills then you should try Nessy! Our class uses Nessy every Wednesday. Last week we had a spelling test on words with silent consonants. Luckily I had just reviewed the lesson on silent consonants the week before on Nessy. I got 100% on my test! I love playing the games, especially because they help me learn.”

Graciela

“Dear Nessy, when I moved school I had to catch up two years of learning to read and write. I felt very nervous starting Nessy. I didn’t know the alphabet but all the other children already knew how to read and write. It has been two years and now I know how to read and write and caught up with all the other children. Thank you Nessy for helping me to read and write.”

Nina

These comments have been received from children using Nessy.
“My son, who is 9 years old and has dyslexia, has been using the Nessy program. He has greatly improved and now enjoys reading.”

Sharon

“I adore using this program as it inspires the children I teach. The phonic sounds and animated rules are excellent for helping children with their memory.”

Joan

“Just wanted to say a massive THANK YOU for really helping our severely dyslexic son.”

Tabbie

“It teaches the students without them realising that they are being taught because they are having so much fun.”

Janet

These comments have been received from parents & teachers.
THANKS TO

Dr Erica Warren www.dyslexiamaterials.com
Michael Bates www.dyslexia-reading-well.com
Pat Jones www.dyslexiacentre.co.uk
Christian Boer www.dyslexiefont.com
David Sloly uk.linkedin.com/in/sloy

Written by Mike Jones and illustrated by Leah Heming

First published in Great Britain as an e-book original
in 2015 © Nessy.com
2015 The moral right of this author has been asserted.
All rights reserved.
No part of this publication may be reproduced, stored in a retrieval system, or transmitted,
in any form or by any means, without the prior permission in writing of the publisher,
nor be otherwise circulated in any form of binding or cover other than that in which it is published
and without a similar condition and including this condition being imposed on the subsequent purchaser.