



Ditton Dyslexia



A GUIDE FOR PARENTS & CARERS

Back to school

How can I help my child?

Children — **most of them** — love school. They love new beginnings, a new classroom, new teachers, and new stationery too in some cases. However, some might find the prospect of learning new things a bit daunting. So, what can you do to help?

● Here are ten ideas

1

Acknowledge their feelings

Say it out loud: feeling nervous about a new year is completely **natural**.

Naming a worry makes it smaller. Let them know that plenty of children — and grown-ups — feel exactly the same in the first week.



2

“What if I’ve forgotten everything?”

Remind them there are **teachers in school** to help.

Nobody is expected to arrive knowing it all. Suggest they share that worry with their teacher – a two-minute conversation often solves it.



3

Read the end-of-year report together

Then **celebrate their success**.

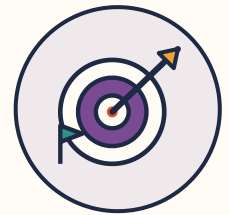
Read it side by side and point out the lines you are proud of before you look at anything else. Progress deserves a moment of noise.



4

Make plans together

What is their goal this year? Goals can be simple.



SOUNDS LIKE

“I will show full workings while solving a maths problem.”

“I will review my written work before submitting it.”

“I will pack my PE kit the night before the lesson.”

5

Name one habit that helped

Then **stick to it** – it already works.



SOUNDS LIKE

“I finished my homework as soon as I came home.”

“I revised what I learnt more than twice.”

6

Name one habit that held them back

And agree together how to fix it.



SOUNDS LIKE

"I will ask for help more often."

"I will be bold and clarify my doubts with my teacher."

7

Establish a calm, visual routine

The school rhythm returns faster when expectations are predictable.

Build a simple checklist or colour-coded timetable together – one for mornings, one for evenings.



SOUNDS LIKE

"I will lay out my uniform before going to bed."

"I will check my planner each morning to see what books I need."

8

Identify their go-to learning tools

Get the aids that make reading, writing and organising feel **manageable** ready to go.

Talk about what worked well last term, then check those tools are packed and charged.



SOUNDS LIKE

"I will use my coloured reading overlay for long texts."

"I will use speech-to-text or mind maps to brainstorm before writing."

9

Agree on a signal for overwhelm

Asking for help in front of a whole class can feel intimidating.

Agree a discreet strategy or code phrase they can use with you or their teacher when they need a quick reset.



SOUNDS LIKE

"I will place an amber sticky note on my desk when I need the teacher to check in."

"I will take three deep breaths and highlight the word I need help with."

10

Revisit their unique strengths

Confidence dips when the work is new – ground them in what makes them **thrive**.

Remind them of the creative, practical and problem-solving strengths that live outside tests and worksheets: the friend who always notices when someone is left out, the one who can fix anything, the one with the best ideas.



*Small, steady conversations at home make **big** differences in the classroom.*

Pick two or three ideas rather than all ten. Start them a week before term begins, and let your child choose which one to try first.