



Ditton Dyslexia

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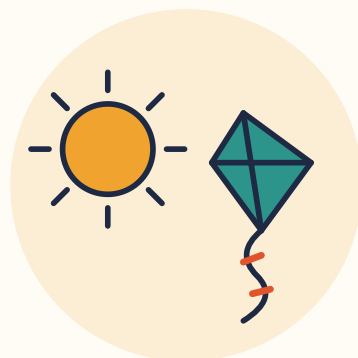
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A GUIDE FOR PARENTS & CARERS

School holidays already?

Helpful things to do during the holidays



The bags are down, the alarm is off, and everyone is ready for a rest. A break matters – and a little **playful, pressure-free practice** along the way keeps skills ticking over, so your child goes back **feeling confident and ready**. Tips for the upcoming **11+** are included too, for those who are sitting it.

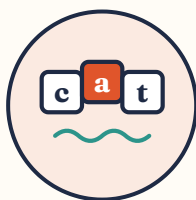
● Here are ten ideas

1

MULTISENSORY GAMES

Tactile word building

Build words they can see, say and feel.



Use magnetic letters, play dough, a tray of sand or even shaving foam to build and trace words. Using sight, sound and touch together helps spellings stick.

SOUNDS LIKE

"Let's make 'ship' out of play dough – say each sound as you roll it."

"Trace the word in the sand, then cover it and write it from memory."

2

MULTISENSORY GAMES

Speech, memory and bingo games

Play with words and sounds out loud.



Pairs, Guess Who? and "I went to the shop and bought..." stretch vocabulary and working memory. Sound and word bingo turns tricky sounds into a game.

SOUNDS LIKE

"I went to the shop and bought an apple... your turn – add one and remember mine!"

"Cover a word with an 'ai' sound."

3

LISTENING

Audiobooks

Stories count, however they arrive.



Listening lets your child enjoy books at their interest level, not just their reading level – building vocabulary and a love of stories. Many libraries lend them free.

SOUNDS LIKE

“Shall we listen to the next chapter in the car?”

“What do you think will happen next – and why?”

4

LIFE SKILLS

Build useful life skills

Small skills, big independence.



Ten minutes of touch typing a day builds a skill that makes writing easier at school. Talk about safe internet browsing too: what to click, what to share and when to ask.

SOUNDS LIKE

“Ten minutes of typing practice, then you choose the game.”

“If anything online feels odd, come and show me – you won’t be in trouble.”

5

11+ PREPARATION

Vocabulary and word recognition

Grow words through play.



Play Scrabble, Boggle or custom word-search puzzles to expand vocabulary and letter recognition – without heavy writing pressure.

SOUNDS LIKE

“Reluctant’ – great word! What does it mean?”

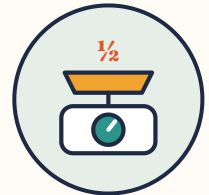
“Can you make a longer word using these same letters?”

6

11+ PREPARATION

Real-world maths

Numbers you can weigh and taste.



Practise fractions, decimals and calculations through baking (measuring ingredients) or supermarket shopping (weighing produce and comparing prices).

SOUNDS LIKE

“We need half of 250 grams of butter. How much is that?”

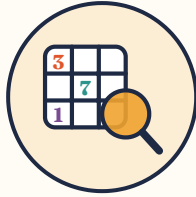
“Which is the better deal: three for £2 or 75p each?”

7

11+ PREPARATION

Logic and reasoning

Solve it clue by clue.



Play board games like Cluedo, or solve Sudoku and crosswords, to build critical thinking and problem-solving skills outside a standard test booklet.

SOUNDS LIKE

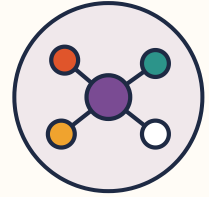
"What have we ruled out so far?"
"Which number can't go in this row – and how do you know?"

8

11+ PREPARATION

Visual and colour-coded aids

Make ideas easy to see.



Build mind maps with bright colour-coding, use simple visual flashcards, or try the 'teach-back' method, where your child explains a concept back to you.

SOUNDS LIKE

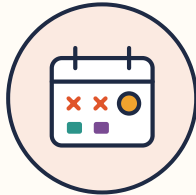
"Let's put fractions in green and decimals in blue on your mind map."
"You're the teacher – teach me!"

9

BACK TO SCHOOL

Make school look familiar again

See it first, worry less.



In the last week, bring school gently back into view: a countdown calendar, the timetable on the fridge, photos of the classroom, a walk past the gates.

SOUNDS LIKE

"Three more sleeps – let's cross today off the calendar."
"Here's Monday's timetable. What comes first after register?"

10

BACK TO SCHOOL

Look back before going back

A light recap, not a test.



Glance over the core English and maths topics from last half term. Ask one or two simple questions in passing, keep it short and praise the effort.

SOUNDS LIKE

"What is a noun? Can you spot three in this room?"
"What's half of twelve? How did you work it out?"



*A little play each day keeps learning ticking over – and makes going back feel **easy**.*

Pick two or three ideas rather than all ten, and let your child help choose. Keep it short and fun – holidays are for resting too.