



Ditton Dyslexia

Ranjani Radhakrishnan

ranjani@dittondyslexia.co.uk

07986966671

www.dittondyslexia.co.uk

A GUIDE FOR PARENTS & CARERS

Now that school has started...

How can I help my child settle and thrive?



The uniform is on, the term is underway, and daily life has shifted into high gear. While the initial first-day rush is behind you, **settling into the ongoing academic rhythm** can bring its own set of quiet challenges. So, what can you do to **keep momentum and confidence high**?

● Here are eight ideas

1

Connect early and stay in touch

Share the bigger picture with their teachers.



Reach out directly to classroom teachers and support staff to share your child's unique strengths, learning profile, and areas where they might struggle. Early context prevents small hurdles from becoming major roadblocks.

2

Build an active partnership

Collaboration is an ongoing conversation.



Request regular review check-ins with the school to track progress and adjust support plans as the term unfolds. A quick, scheduled touchpoint ensures everyone stays aligned before issues escalate.

3

Understand reasonable provisions

Know what support is available in the classroom.

Learn exactly how the school plans to make reasonable adjustments – whether that means classroom assistant support, extra time, or assistive technology. When you understand the plan, you can reinforce it at home.



4

Use visual aids to anchor the day

Make the routine visible to lower anxiety.

Create or request photo schedules, visual checklists, or colour-coded timetables of the daily routine. Knowing what comes next gives children a sense of predictability and control.



SOUNDS LIKE

“Let’s look at your colour-coded timetable to see which books go into your bag tomorrow.”

“We’ll check off your evening picture chart step-by-step before reading time.”

5

Establish predictable routines

A steady rhythm brings calm to busy school days.

Keep morning departures and evening wind-downs predictable and calm. Consistent routines ease the mental fatigue of navigating a structured, demanding school environment.



SOUNDS LIKE

“We pack your bag and lay out your uniform right after dinner.”

“Bedtime starts at the same time each night with 20 minutes of calm audiobooks.”

6

Create low-pressure space to talk about worries

Listen without interrogation.

Give your child room to share fears and frustrations without sudden, high-pressure questioning. Use casual, parallel activities – like driving in the car or preparing a snack – for gentle check-ins.



SOUNDS LIKE

“I noticed you seemed a bit quiet after school today. I’m here if anything felt tricky.”

“What was one part of the day that felt easy, and one part that felt heavy?”

7

Use transitional objects

A small piece of home offers steady reassurance.

Let your child carry a discreet, comforting item – such as a small smooth stone, a keychain on their bag, or a pocket token. Touching it provides a subtle sensory reset during overwhelming moments.



SOUNDS LIKE

“Keep this pocket token close; squeeze it whenever you need a quick reset.”

“Your bag charm is there to remind you that home is waiting at the end of the day.”

8

Focus on their unique strengths

Ground them in what makes them shine.

School often highlights what is hard; make sure home celebrates what comes naturally. Regularly highlight their creativity, problem-solving skills, kindness, or practical talents so their self-worth stays broad and resilient.



SOUNDS LIKE

“You showed great perseverance figuring out that tricky project today.”

“I love how thoughtfully you built that model – you have a brilliant engineering mind.”



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

Pick two or three ideas rather than all eight to focus on this week, and let your child be part of choosing what feels most helpful.