

DYSLEXIA EXPLAINED

Illustrated by
Leah Heming

Written by
Mike Jones



Without the need for too many words...

nessy.com

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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. For three successive years Nessy has won the prestigious Educational Resources Award for Special Educational Needs.

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!

THE AUTHOR'S STORY

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, his mother homeschooled him for a year and created a series of techniques that greatly developed 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.



PRAISE FOR NESSY LEARNING

"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



"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



"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



"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



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, vvnnumbers 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.

INTRODUCTION

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. People with dyslexia 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

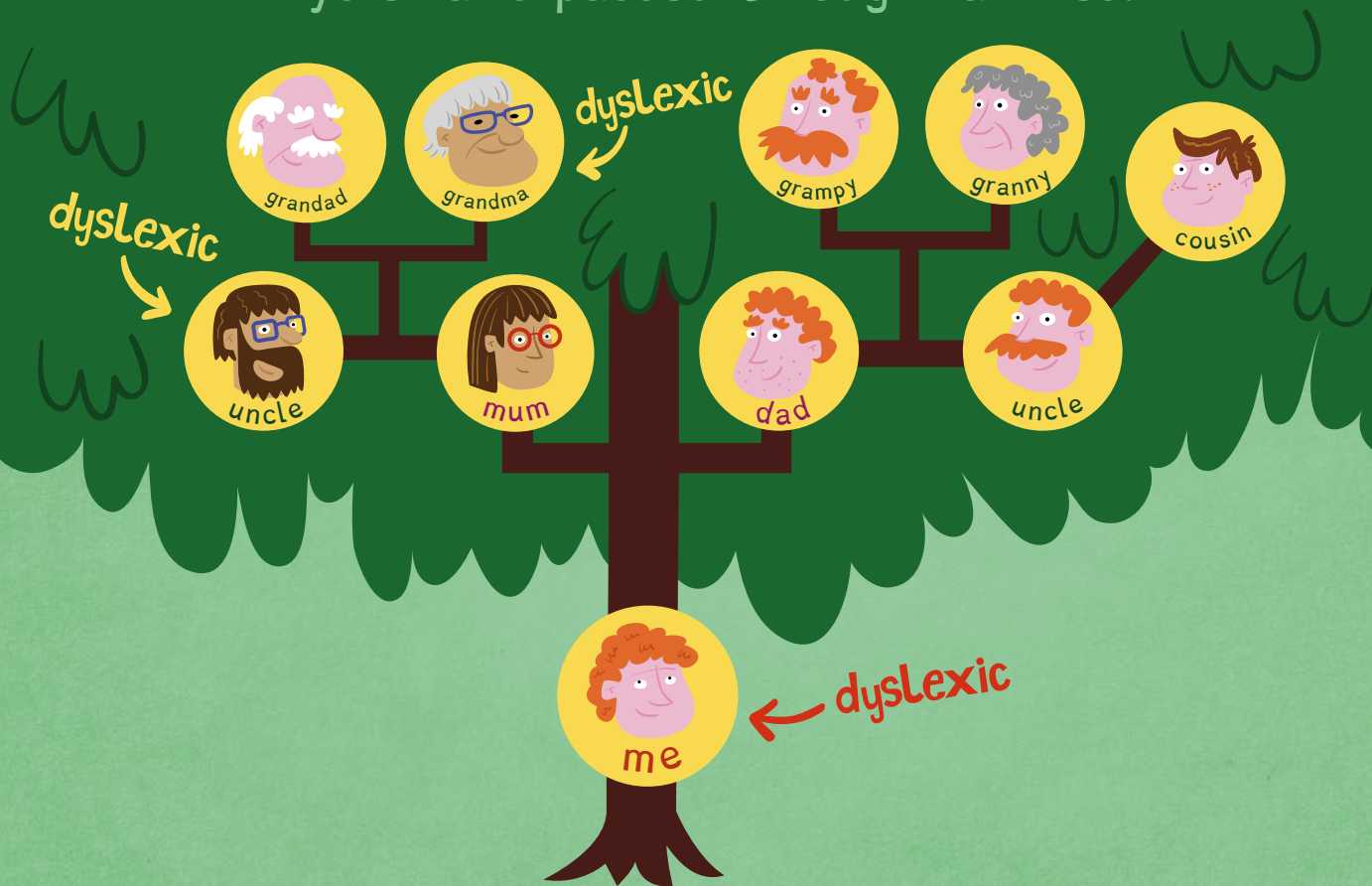
100 years ago.



But many people
still don't
understand it.

discovered
by Doctor Berlin
in **1887**

Dyslexia is passed through families.



Do you know someone in your family with dyslexia?

1 in 5 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.



Problems when reading

misreading

losing
your
place

limited
comprehension



Difficulties when writing

forgetting
punctuation



finding
the right
words



difficulty
organising ideas



Difficulty remembering sequences

alphabet
**ABCDE
GHK?**



phone
numbers

days
and months



Tough tasks

Finishing



on time

Recalling

A C D
Q T

names



Staying
focused



What is forgotten?



Doesn't like school

unhappy



withdrawn
and
quiet



angry
and
frustrated



SUMMARY

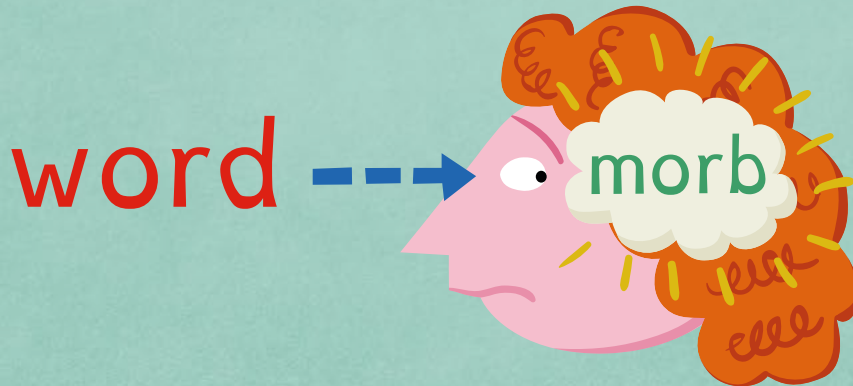
Dyslexia is a difference in the way the brain processes words.

However, it affects much more than reading and writing. It also causes difficulty with organisation, maths and memory.

CHAPTER 2

types of dyslexia

VISUAL PROCESSING



Difficulties

slow
processing



innacurate
copying



mixing up
lettres

b d

AUDITORY (hearing) PROCESSING



Difficulties

losing
attention



forgetting
instructions



distracted
by
noise



SLOW PROCESSING SPEED

(it takes much longer)



Dyslexia causes slower information processing when...

learning
in the
classroom



writing
a
story



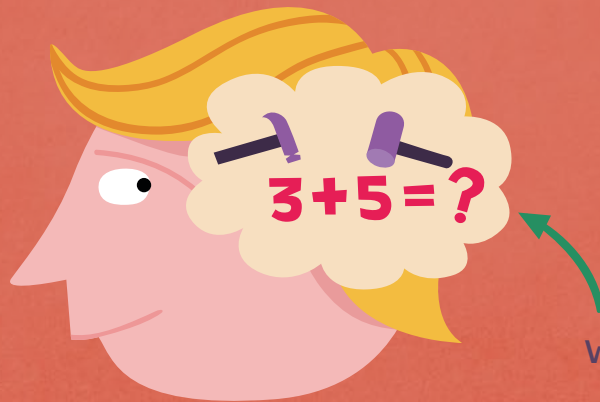
reading
a
book



doing
homework

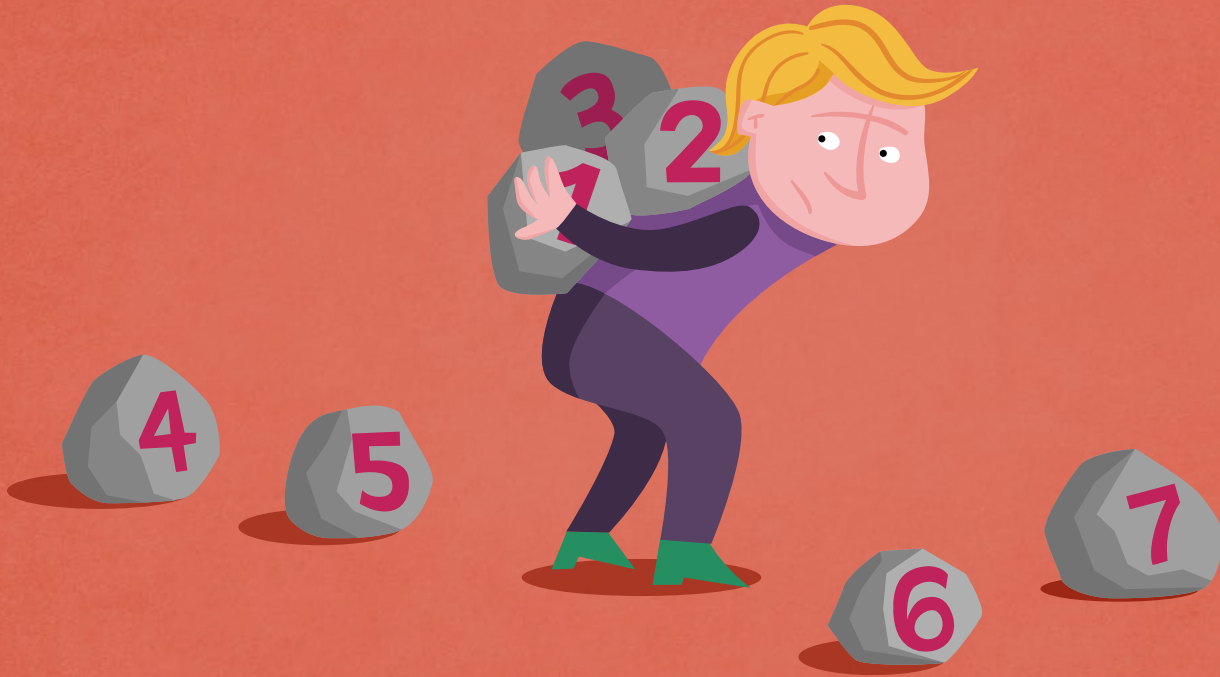


WORKING MEMORY



work in progress

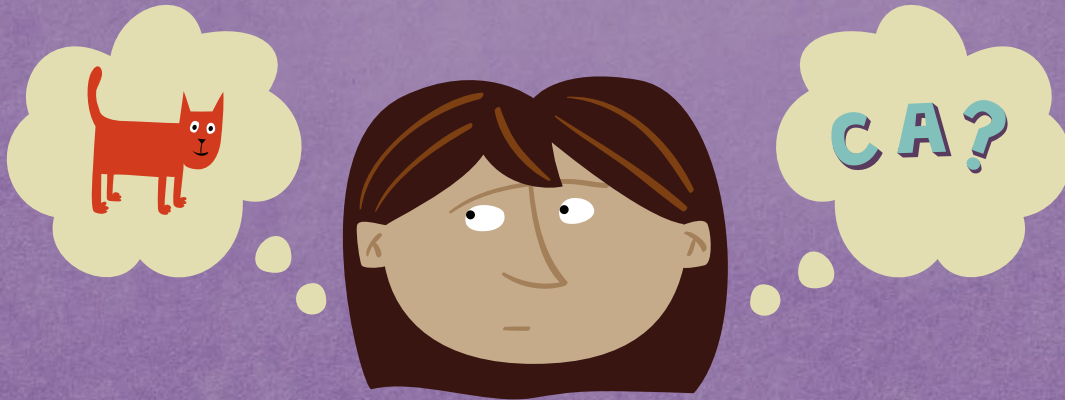
Working memory can store between
5 and 7 chunks of information.



But those with dyslexia struggle to remember even 3.

PHONOLOGICAL AWARENESS

(working with sounds)



Difficulties

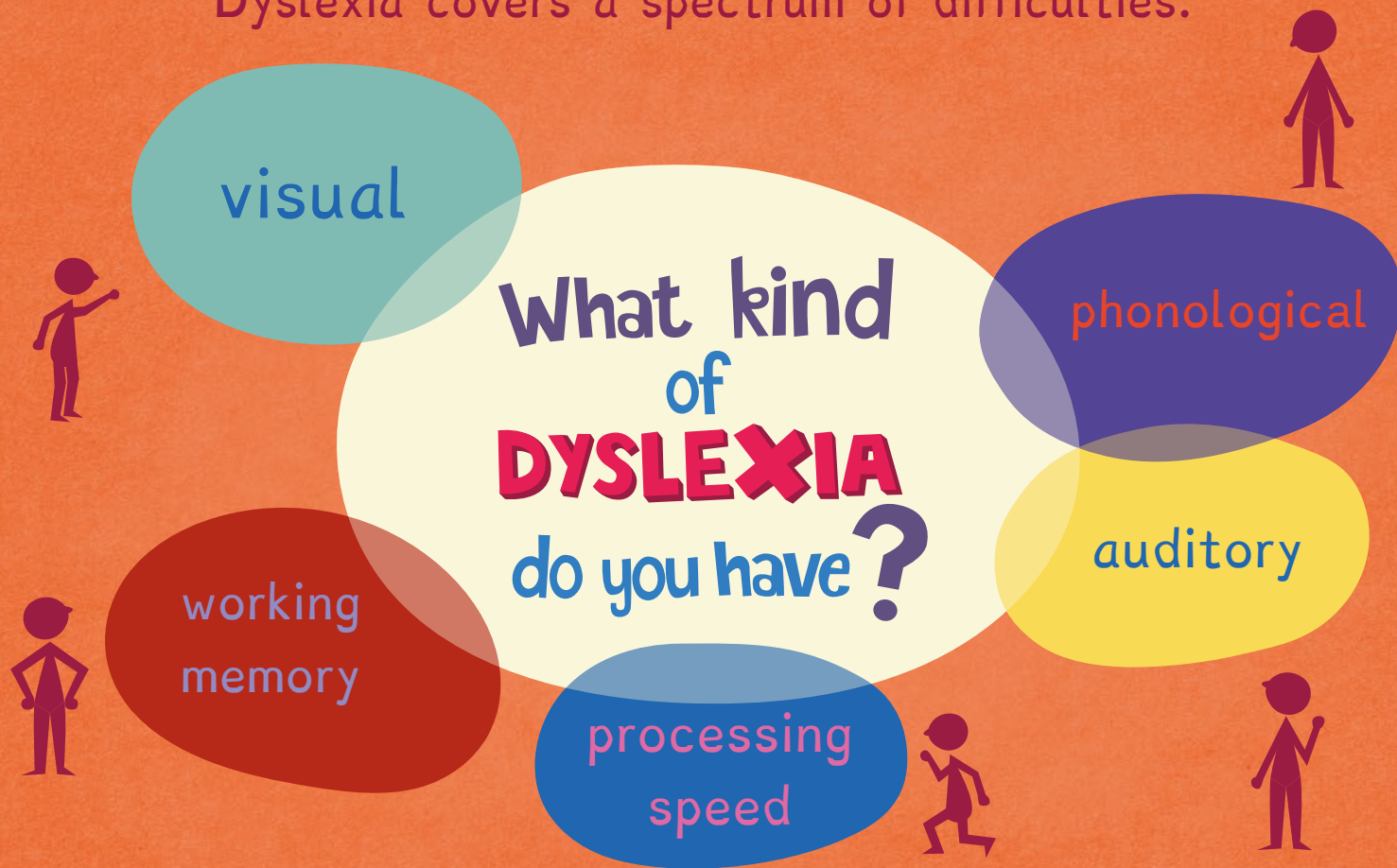
splitting words
into syl|la|bles

b-l-e-n-d-i-n-g
phonemes

win thin
rhyming
tin in



Dyslexia covers a spectrum of difficulties.



SUMMARY

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 dyslexic people
are good at...



Seeing the bigger picture



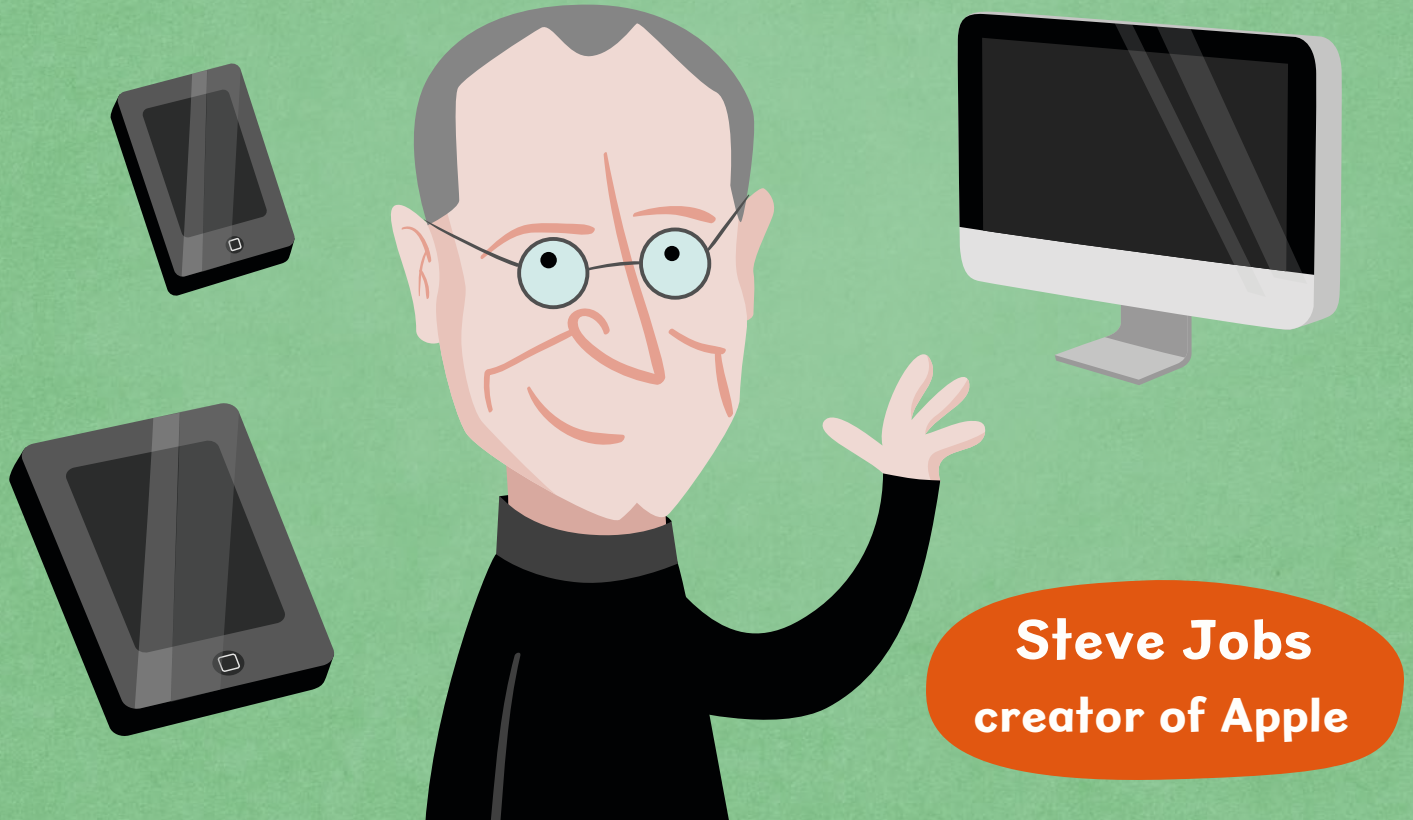
People with dyslexia have the ability to imagine how everything works together and picture how things will end up. This is a great leadership skill.

Thinking outside the box



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

Being able to imagine a vision of the future combined with an unconventional approach has helped some people with dyslexia become successful entrepreneurs.



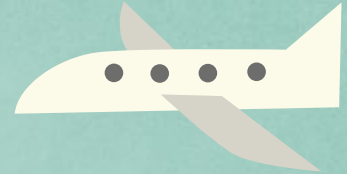
40% of self-made millionaires have dyslexia.

Richard Branson
entrepreneur

£

400 companies

\$

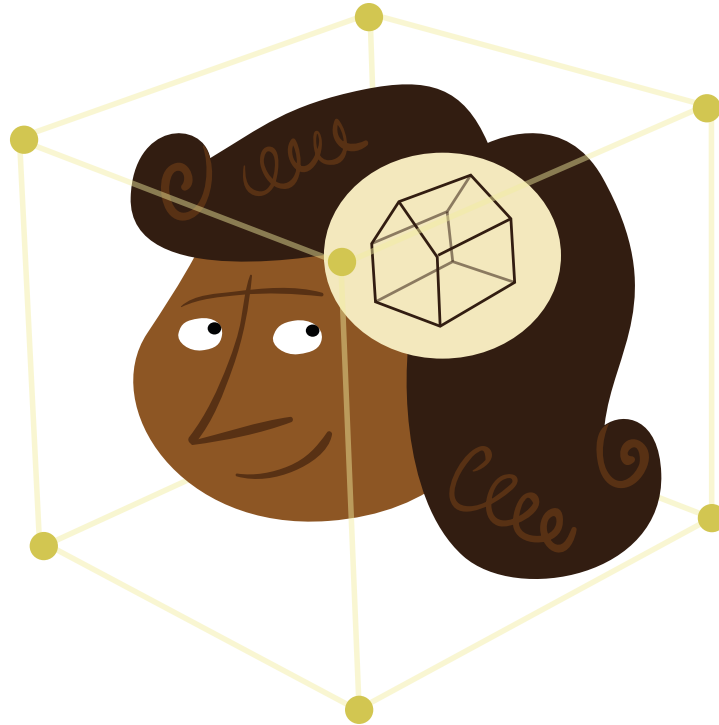


€

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 difficulties
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
actor



Keira Knightley
actor



Orlando Bloom
actor

Famous sports people.



Steve Redgrave
olympic rower



Rachel Yankey
footballer



Lewis Hamilton
F1 champion

Picture thinking

People with dyslexia are often visual thinkers and this makes them good at problem solving.

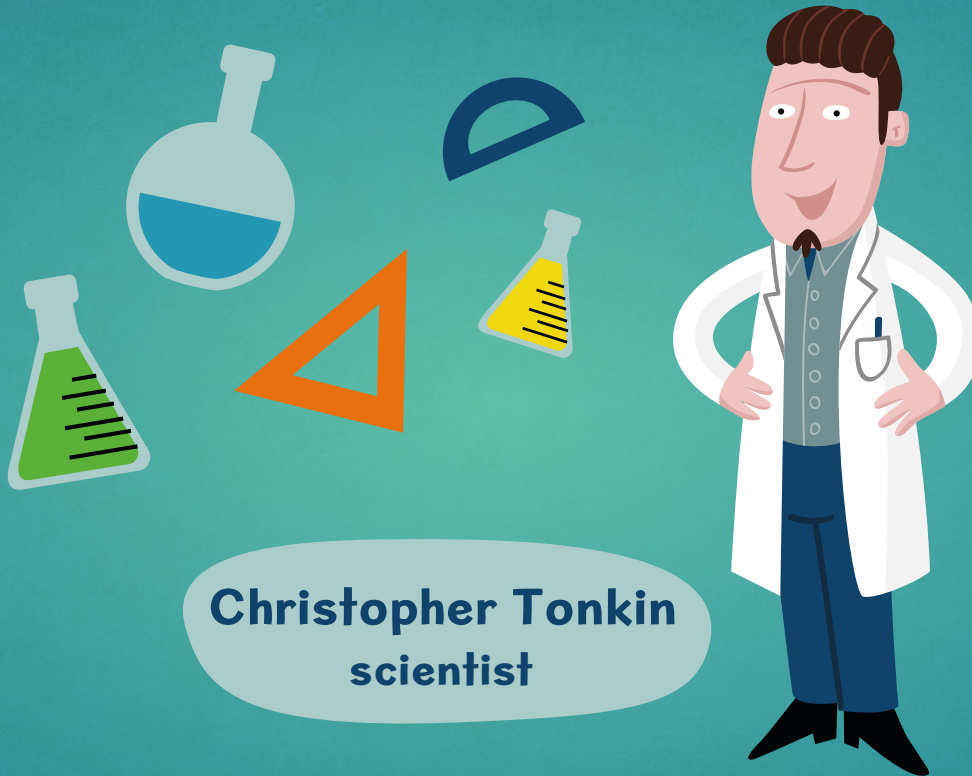


Pattern recognition



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.

SUMMARY

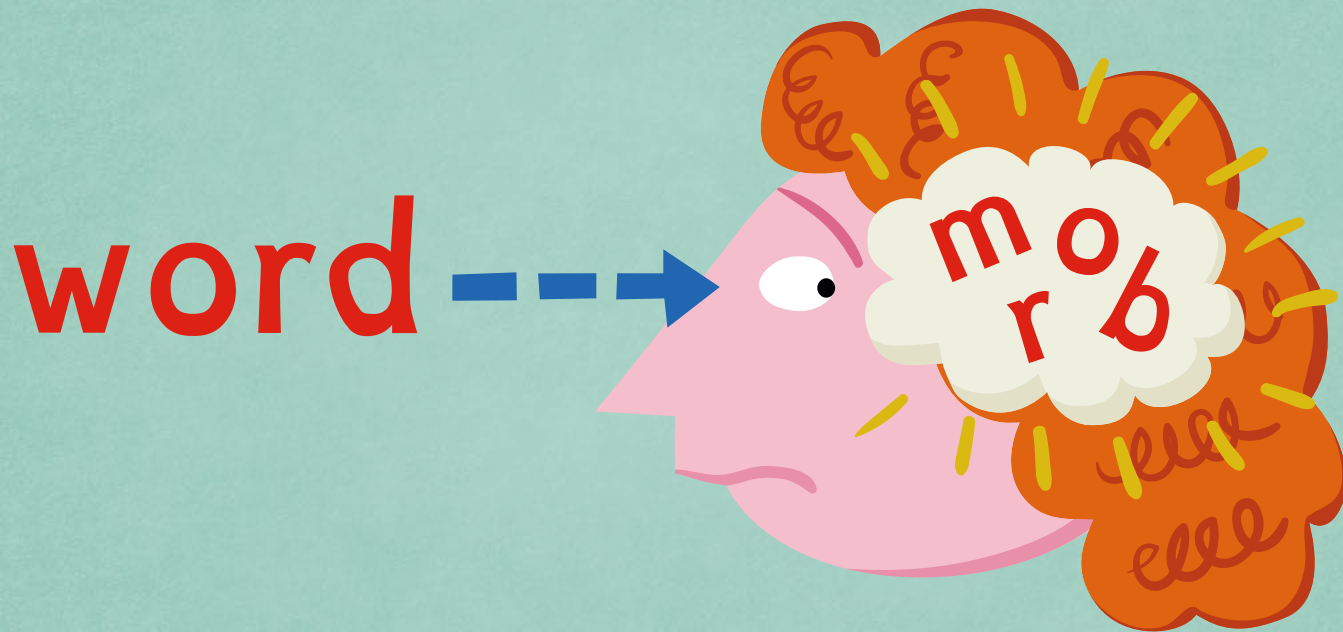
Creativity, strong visualisation, problem solving abilities and an unconventional way of looking at things have helped many people with dyslexia to succeed in life.

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

wiv

was

wos

they

thay



I often forget silent letters when I spell.

stick
white
friends
huge



stik
wite
frends
hug

Sometimes I mix up the order of the letters.

felt

two

fire

who

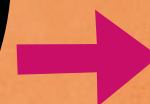


flet

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.

p b d

9 6 e

y u

z 2

5 7

3 8



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



PLAY

I mix up left and right.

right?

left?



I have difficulty remembering a sequence of steps.



Like tying a knot.

People with dyslexia often lose or forget things.



GOOD DAY

today
I remember
it all



BAD DAY

some days
I forget
everything



SUMMARY

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.

DRINK

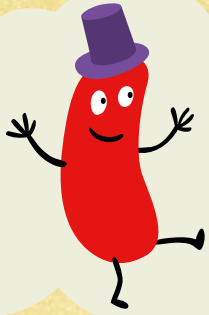
THINK

PINK

STINK



Using mnemonic memory strategies
helps to spell difficult words.



Was
A
Sausage



Mispronouncing words can also help you spell.



busy



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.

MY CAT



**school
letter**



gym kit



**Library
books**

Picture thinking can help you remember names.

MIKE

LORRAINE

FRED



SUMMARY

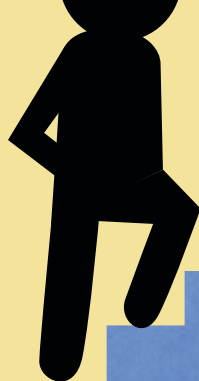
Looking at words and copying them is not an effective way for people with dyslexia to learn to spell but there are many learning strategies that can help.

CHAPTER 6

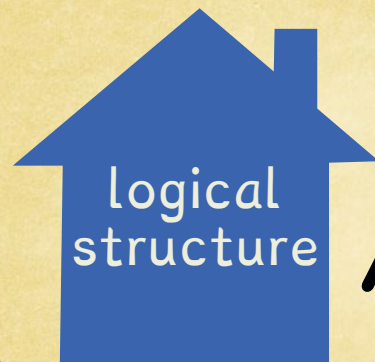
what works best
for dyslexia?

Use encouragement and praise.





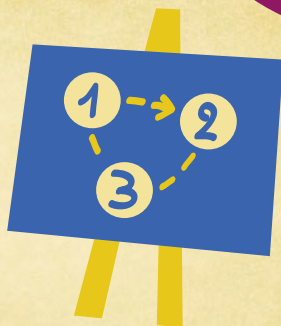
small
steps



logical
structure



Know how
people with dyslexia
Learn



learning
strategies



p h o n i c
p a t t e r n s

ai ph oi ue sh ea th

air

ie

oy

ar

ear

ee

ch au oo aw er ay wh

Use a logical
learning structure of

SYSTEMATIC PHONICS

SEE IT



--> word

SAY IT



word

use
multisensory
learning

HEAR IT



word

WRITE IT



word

1 Identify my difficulties.



2 Work at my pace.



use an
individualised
approach



3 Find helpful strategies.



4 Learn what I need.

CAT



link pictures
to sounds
and words

spelling rules

hope

magic **e**

understand
the **structure**
of language

rhyming
and blending



THINK

STINK

syllables, prefixes
and suffixes



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.



SUMMARY

Individuals with dyslexia benefit from a supportive environment combined with an individualised, multisensory program of learning, structured into small steps.

The Nesy Reading and Spelling program has been designed to include all of these strategies for success.

PLAY and LEARN with **nessy.com** !



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/

THANKS TO

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