

# Dyslexia

## Definition

Dyslexia, also called reading and writing disorder or LRS, means: A person has problems with reading, writing, and spelling.



## What causes dyslexia?

- Genetics: It often runs in families
- Environment: Problems during pregnancy (stress, toxins)
- Brain: The brain may work differently in people with dyslexia

## What can help?

- Teachers who are trained in helping with dyslexia
- Tools like bigger letters or reading software
- Different ways to learn: use colors, touch, pictures or listen instead of only reading

## Tips for people with dyslexia

- Find friends or support groups who understand you
- Build confidence: Remember what you're good at - you are great just as you are



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