

Dyslexia

Definition

Dyslexia is a learning disorder that makes it difficult to understand and use written words.

People with dyslexia have trouble reading, writing or spelling words correctly.



Possible Causes

- Genetic factors:

Dyslexia often runs in families

- Environmental factors:

If the mother was exposed to a harmful environment during pregnancy

- Neurobiological causes:

The brain structure of people with dyslexia may be different than that of the average person

Treatment Options

- Support from teachers specializing in dyslexia
- Using aids like extra large letters or dictation programs
- Use other learning strategies, e.g. looking at or touching objects or using colour markers and pictures

Tips for people with dyslexia

- Find friends or support groups who have the same problem and understand you
- Build your self-confidence by reminding yourself of everything you are good at you are alright just the way you are



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