



Remote
Health



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Course Materials

Dyslexia

How do deal with
difficulties in reading
and spelling



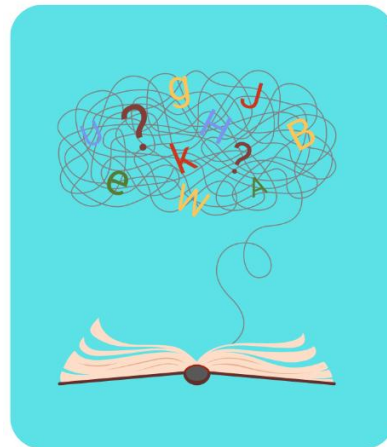


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What dyslexia is and how to recognize it





Dyslexia is a type of disorder in the brain that makes it difficult to understand and use written words.

People with dyslexia have trouble reading, writing or spelling words correctly, even if they are as intelligent as others and are well educated.





These problems can vary in severity for different people and often make it more difficult to do well in school.



Children or teenagers with this disorder may feel frustrated or have less self-confidence. Fears and worries can also arise and have a negative impact on their lives.



How to recognize dyslexia

- ☞ Slow or inaccurate reading
- ☞ Difficulty recognizing letters and words
- ☞ Problems with spelling
- ☞ Poor text comprehension (problems with understanding and remembering what has been read, especially difficult texts)





Causes of dyslexia





Genetic factors:

"Genetic" means that a person can inherit the tendency to dyslexia from their ancestors.

Often several people in the same family have this type of learning disorder.



Studies have shown that certain genetic variations may be associated with an increased risk of dyslexia. Family members of people with dyslexia are therefore at higher risk of also being affected by this disorder.



Environmental factors:

Stress and a mother's exposure to a harmful environment during pregnancy can increase the risk of dyslexia in her child.

An unhealthy environment for pregnant women or certain behaviors during pregnancy can affect the development of their baby's brain. This can cause the child to have problems later in school, for example in reading and writing.





Neurobiological causes:

"Neurobiological" refers to the function and structure of the brain.



Studies show differences in brain activity and brain structure in people with dyslexia, especially when it comes to processing written words or language.



Certain regions of the brain are responsible for processing words, language and rules for spelling. It is believed that dyslexia is related to a disturbed development of these regions of the brain.

In some people, the structure of the brain is slightly altered, meaning it is slightly misshapen. This may contribute to the difficulties observed in people with dyslexia.





How to deal with dyslexia





Dyslexia can be identified early by having children take special tests, speaking to experts, and observing the children.

It is very important to identify dyslexia quickly so that children can get proper help.





Realizing early on that a child is struggling with reading, writing and spelling allows teachers, parents and professionals to do just the right thing to help the child improve and get help.

This allows the child to reach their full potential and overcome math problems before they get worse and make school or life overly difficult.



Treatment options

If a child has dyslexia, you want to help him or her improve in reading and writing. There are several ways to do this.



How to deal with dyslexia



Treatment options

Early support from specialized teachers:

Children with dyslexia can benefit from teachers who specialize in this disorder.



These teachers can do special exercises that are tailored specifically to the child and their problems.



Treatment options

Special aids:

For example, learning materials with larger letters can make reading easier.

There are also programs that convert spoken words into written text. That means you say something and the program writes it down. This helps make writing easier.





Treatment options

Try other learning strategies:

People with dyslexia can also learn in other ways that suit them better. These can be learning methods in which they see or touch things (visual or kinesthetic learning). Color codes or mind maps, which are colorful notes in the form of small cards, can also help.

It is also important to have an individualized plan that is tailored to each child so that they can learn better and succeed.





Tips for people with dyslexia

Find groups and friends:

Talking to other people who have similar problems can help. In groups or with friends, you can feel less alone and learn how others deal with their difficulties. This can give you new ideas and support.





Tips for people with dyslexia

Build self-confidence:

It is important that you are proud of yourself and that you accept yourself, even if reading and writing is difficult.



Think about the things you are good at and encourage yourself. Therapists can help you get rid of negative thoughts and build a strong sense of self.



Support networks

Non-profit organizations:

There are many non-profit organisations and institutions for people with dyslexia and dyscalculia. They offer information, advice, training and support for those affected and their families. Use your internet search to find such an organization in your country or language.

Dyslexia centers:

There are various dyslexia centers in many countries that offer specialized support and diagnosis for people with dyslexia. These centers often also offer special support programs and therapies. Use your internet search to find a center near you.



Support networks

Online platforms and forums:

There are online platforms and forums where those affected and their families can exchange ideas. These can be a valuable source of information, support and practical tips. Use your internet search to find platforms in your language.

School support:

Schools can offer special support measures for students with dyslexia, such as tutoring, additional practice sessions or the use of special teaching and learning materials. Ask your teachers about such programs.



Support networks

Psychologists and therapists:

Psychologists and therapists who specialize in learning disorders can offer individual advice and support for people with dyslexia and their families. Use your internet search or ask your family doctor to find a suitable therapist near you.

Self-help groups:

There are self-help groups for people with dyslexia and their families in which those affected can support each other, exchange experiences and find solutions together. Use your internet search to find such a group near you.



Sources:

1. <https://www.bvl-legasthenie.de/dyskalkulie.html#content>
2. <https://www.legasthenie-lvl-bw.de/dyskalkulie/definition/>



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