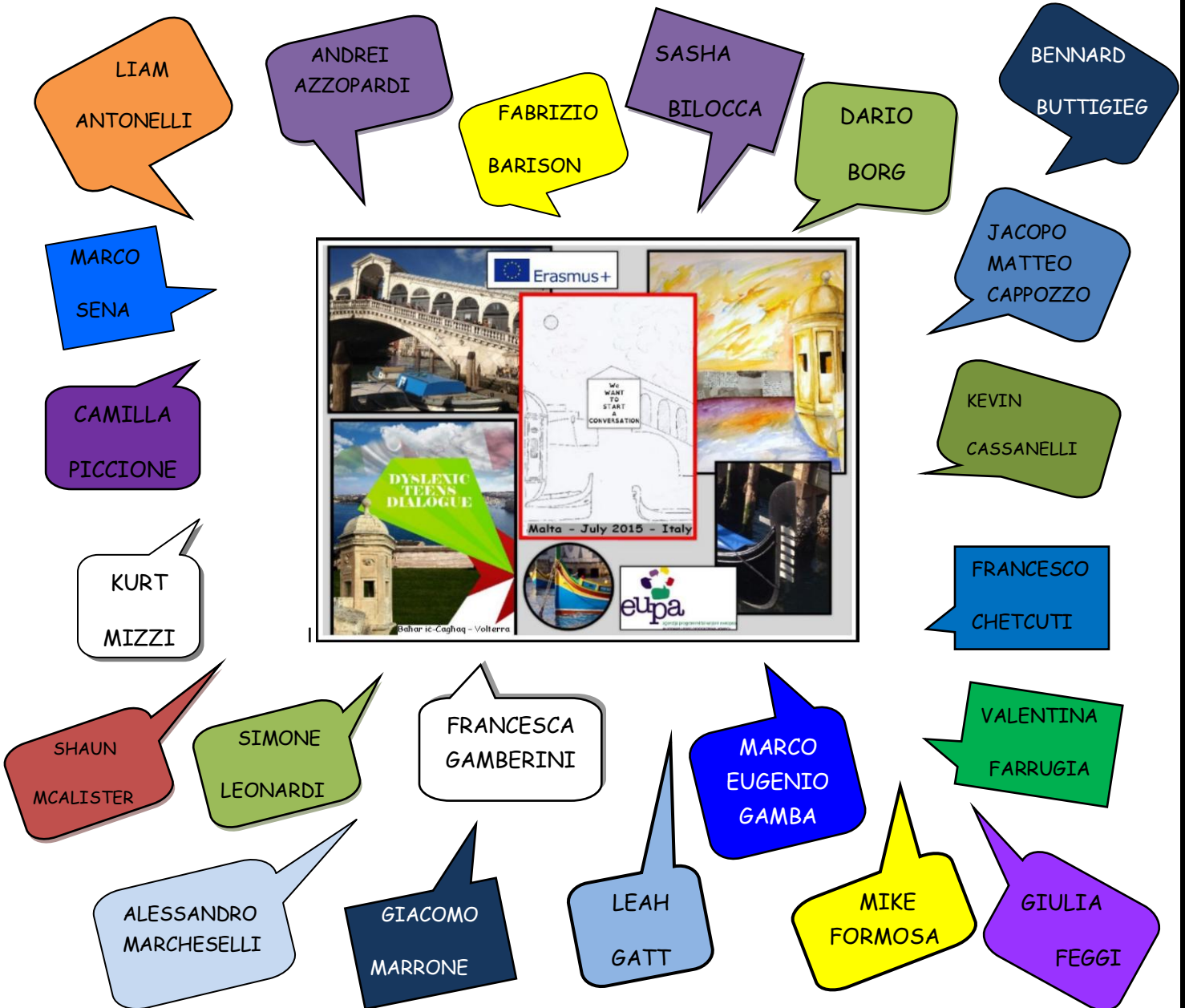


DYSLEXIC TEENS DIALOGUE

Suggestions and Tips for Parents and Professionals



A youth exchange project financed by the European Union



Suggestions and Tips for Parents and Professionals

1. Practice listening, understanding and empathy. Allow your children to state their opinions.
2. Be aware of the facts about dyslexia and keep up-to-date with information and research.
3. Comfort your children when they're feeling low for any reason.
4. Help by reading aloud.
5. Help in writing down notes.
6. Be a study buddy.
7. Establish a good relationship with the teachers at school and with other professionals who can help.
8. Give positive reinforcement.
9. Keep an open mind as regards career choice; do not put undue pressure or make the choice yourselves.
10. Encourage and support your children at all times.
11. Boost the children's self-esteem and help them accept that they are dyslexic.
12. Do not be negative in your approach. Find out what they like and focus on the positive.
13. Do not keep telling your children 'not to give up'.
14. In cases of 'bullying' empower your children to deal with the bully, do not confront yourself.
15. Do not compare to other siblings or other students; it's not encouraging.
16. Point out to the child that dyslexia is not a disease but it is something special about the child.
Take time to explain what dyslexia means.
17. Talk to the experts of dyslexia.
18. Help the children cope with their work but do not do it for them.
19. Have the IQ measured so that they do not see themselves as stupid.
20. Encourage them to do practice other skills and discover other abilities.
21. Challenge and stimulate your children so that they will not give up.
22. With some effort children can reach the same standard as the others. Help them make the effort.
23. Parents should encourage but not force.
24. Give financial support when necessary.
25. Give quality time to your children and establish a good relationship.
26. Never give up on your child but do not overload.
27. Let your children move at their own paces.
28. Schools need to organize conferences and talks to create awareness of the different profiles and conditions.

Thank you!