

Dyslexia Parent Support Guide

Step by step framework for building home and school support around a child with dyslexia.

This guide keeps key contacts, assessment details, and progress checks in one place.

Complete it with your child so they can describe what helps and what still feels tough.

Assessment and planning

Record assessment history, exam scores, and intervention programmes. Note who delivered each support block and how progress was measured.

Capture next review dates so you can request updates before formal reports expire.

Classroom adjustments

List practical supports such as extra time, coloured overlays, vocabulary previews, or pre recorded lessons.

Keep track of who implements each adjustment and whether your child feels it is working.

Home routines

Build a reading routine that mixes shared reading, audiobooks, and comic style resources.

Create a feedback loop with your child. Ask what felt successful this week and what needed more support.

Action checklist

- Share successes with teachers so they can reinforce strategies that work at home.
- Celebrate each milestone, even small wins such as finishing a chapter or building confidence to ask for help.
- Plan rest days after high demand literacy tasks to avoid burnout.

Trusted resources

- Nessy parent resources (<https://www.nessy.com/en-gb/projects/parent-resources>)
- Patoss professional directory (<https://www.patoss-dyslexia.org/Find-a-Specialist>)
- Made by Dyslexia training (<https://www.madebydyslexia.org/training>)

Family reference guide. Coordinate with school SEN teams and local literacy specialists.