

# Coping with Dyslexia

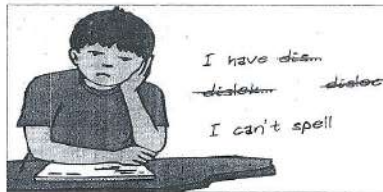
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By Minoos Jokhi



It is said: "I have no greater joy than to hear that my children are walking in the truth". Indeed a child is undoubtedly God's greatest gift and parents should be always encouraging to their children and handle them truthfully, with love and care, and see them excel. There will be kids who will have some learning disorders; some will have dyslexia.

## What is Dyslexia?

It is a general term for disorders that involve difficulty in learning to read or interpret words, letters, symbols, but that do not affect general intelligence. A dyslexic child could find difficulty in learning to read; spellings and in expressing something in writing though they are smart and hardworking children. They undergo mental unhappiness and sorrow when subject to ridicule by their peers for their learning difficulty.

Children with dyslexia have normal vision and are as competent as their peers. But they struggle more because it takes them longer to read. Trouble processing words can also make it tougher for them to spell, write and speak clearly.

In my years of training all kinds of students in my Memory Development Classes, I have come across lots of different kinds of

**For children who have dyslexia, the brain has a hard time connecting letters to the sounds they make, and then blending those sounds into words. So to a dyslexic kid, the word "cat" might read as "tac". Because of these mix-ups, reading can be a slow, difficult and tedious process so do be patient**

was a very slow learner especially in Maths, for the better part of my school life.

Never let a child believe negative thoughts such as: I am a weak student or I am incapable. These are negative precepts.

Parents must give their children, even if they have learning problems, confidence and self-belief. That really helps the child.

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ter difficult and tedious process. So to a dyslexic kid: the word "cat" might read as "tac" which is vice versa. Because of these mix-ups, reading can be a slow and

Sometimes for a child who might have some difficulties in learning, it may be mistakenly assumed that the child hasn't done his work sincerely or that he is careless. It is necessary to create for such children a positive and encouraging environment, where a dyslexic child will experience the feeling of success and self-value.

## Some useful tips to Overcome Dyslexia

Parents, teachers and friends can help an afflicted child to overcome dyslexia:

- 1) Give to the dyslexic child his/her peer's contact number so that if there is some confusion it can be spoken over the phone and sorted out.
- 2) Boost the child's self-confidence as kids who have dyslexia always feel they are not good enough.
- 3) Avoid telling the child things verbally; write down all the classroom activities for the child to show his/her parents.
- 4) Avoid telling such students to read aloud in class as they could misread words and this causes embarrassment.
- 5) Avoid using words like lazy or incompetent with such students, as they have to work really hard compared to others and they have difficulty staying

6) Make a daily checklist for the child to refer to each evening. Encourage a proper daily routine to help develop the child's self-reliance and sense of responsibility. Self-reliance is very important as you should not make the child feel he is not capable; gently push the child and instill self-confidence.

7) Break big pieces of information and data into easily recallable smaller pieces of information.

8) Make sure the child is seated closer to the teacher as it will encourage the child to ask relevant questions when there is difficulty.

9) It helps if there are kind and sympathetic classmates around.

10) Teachers could use different coloured chalks and markers for each line, if there is a lot of written information on the blackboard, or underline every second line with a different coloured chalk or marker. These days with online learning there may be no need for the traditional blackboard, but the pandemic will not last and kids will go back to school.

11) When homework is given, it is important to check that the child correctly notes down exactly what is required to be done. Teachers need to see that the correct worksheets and books are with the child to take home.

12) As and when possible, try to see that the child does not have to copy text from a book or a board; such kids could be given a printout.

13) In mathematics, some words that need to be understood well include addition, subtraction, mul-

tiplication and division. Do not let the child unnecessarily use the calculator. Improve the child's mental ability to calculate.

14) Not only written submissions, see whether such students can verbally answer questions confidently.

15) The child should definitely be made to do yoga and meditation. Actually, all children and adults should do yoga; it is of great importance to the well being of the person. For dyslexic kids it will enhance the power to focus attention better and relax the mind and the child can become calm and stable and can handle dyslexia effectively.

In conclusion: Don't fear dyslexia or consider it a big problem if your kid has it. It can definitely be sorted out with the correct intent and proper approach.

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