

# Well-Child Information About Dyslexia



For more information, visit [thereadingleague.org/compass/adolescent-literacy](https://thereadingleague.org/compass/adolescent-literacy)

## What is Dyslexia?

**Dyslexia is a condition that can be inherited and affects 5-10% of the population. It makes language, reading, and spelling difficult because the brain has a hard time connecting speech sounds and print (letters).**

While dyslexia cannot be cured, early intervention is key to helping children with dyslexia learn to read and spell well. If a close family member has dyslexia or struggled to learn to read and spell, watch for early signs of dyslexia in your child, as it is about 40% hereditary.

## Common Early Signs of Dyslexia

- Delays in speech/language development.
- Difficulty hearing rhyme and making rhymes.
- Trouble finding the right word when speaking, or mixing up the sounds within words.
- Difficulty remembering the sequence of events from a story and the sequence of numbers (such as a phone number or street address).
- Slow learning of the alphabet and numbers, often forgetting letters they previously learned.

## Early Intervention for Suspected Dyslexia

- Spend a few minutes each day having your young child face you and watch your lips as you slowly say common words. Then have your child try to repeat the words.
- Listen to music with rhyming words, nursery rhymes, or rhyming poetry. Keep it fun - Raffi songs often have light-hearted rhymes, or you can make up your own!
- Help your child hear the beginning, middle, and end sounds in short words.

Example: The word sun has three sounds: **/s/**, **/u/**, and **/n/**.

Help your child listen for all three sounds by playing a game where you provide the sounds, and they tell you the word. You can also make it into a game where you give the three sounds and they tell you what the word is.

- Increase the amount of print your child is exposed to so that they have more experiences with letters and numbers, even before kindergarten.
- Pediatric specialists can help with dyslexia diagnosis.
- Speech and language therapists can help provide phonological and phonemic awareness interventions that help build the brain networks that aid reading.

## **Resources**

**The Reading League Compass: Families and Caregivers**

[thereadingleague.org/compass/adolescent-literacy](https://thereadingleague.org/compass/adolescent-literacy)

**The International Dyslexia Association**

[dyslexiaida.org](https://dyslexiaida.org)

**The Yale Center for Dyslexia and Creativity**

[dyslexia.yale.edu](https://dyslexia.yale.edu)