



Hertfordshire Dyslexia Association

Affiliated to the British Dyslexia Association

Registered Charity No 270086

Useful ideas and links for parents of dyslexic children

Audiobooks

A great way of developing vocabulary and accessing books if your child struggles with reading.

See <https://www.borrowbox.com/> where you can borrow audiobooks from your local library.

Choice of eAudiobooks and eBooks – all free.

Dyslexia friendly books.

- Barrington Stoke publishes specific dyslexia friendly books. Good font and spacing on yellow pages. Books can have a higher interest age than reading age.
<https://www.barringtonstoke.co.uk/>
- Custom eyes by guide dogs for the blind (also for dyslexic children). Will print pretty much any book, in bigger font, spacing etc for the price of a normal book.
<https://www.guidedogs.org.uk/getting-support/help-for-children-and-families/living-independently/customeyes-books/>

Technology

- Almost everything has a speech to text function built in.
- Microsoft has lots of good functions, but particularly:
 - Immersive reader - helps reading text on the computer, including text to speech (so reads stuff to you)
 - Editor - helps with spelling, grammar and sentence construction
 - See link for more: <https://support.microsoft.com/en-gb/topic/accessibility-tools-for-neurodiversity-6dbd8065-b543-4cf8-bdfb-7c84d9e8f74a>

Lots of other tech out there that can help in lots of different ways, this website has loads of stuff about different ways in which tech can help. <https://www.callscotland.org.uk/downloads/posters-and-leaflets/>

British Dyslexia Association

Information for parents on their website.

Under “Shop” there is access to both free and paid webinars which provide useful information.

[British Dyslexia Association \(bdadyslexia.org.uk\)](http://bdadyslexia.org.uk)

Primary resources

Lots of spelling and reading interventions out there. Working out what works for your child. Some well known ones include Nessler, Toe by Toe, Reading Eggs, Apples and Pears, Easyread.

Oakabooks – have books which cover all subjects in the national curriculum for visual learners.

<https://www.oakabooks.co.uk/>



Hertfordshire Dyslexia Association

Affiliated to the British Dyslexia Association

Registered Charity No 270086

“Toe-by-Toe” – a highly structured phonics-based reading manual (toe-by-toe.co.uk)

Helen Arkell website has an online shop with lots of resources to either buy or provide ideas.

[Helen Arkell](#)

“Anyone can Spell It” – book by Helen Arkell Dyslexia Charity. Contains many ideas to help and make spelling fun for a dyslexic child or any child who finds spelling difficult.

BBC Bitesize – useful and free resource which covers the national curriculum and contains helpful videos which make learning more visual.

Secondary resources

HCC have a useful toolkit with suggestions or resources for different areas of need.

<https://www.hertfordshire.gov.uk/microsites/Local-Offer/Media-library/Documents/Hertfordshire-SpLD-e-toolkit-SECONDARY.pdf#>

Oakabooks also cover KS3 and GCSE.

BBC Bitesize – also covers KS3 and GCSE.

Assessment

Private assessments can either be through a dyslexia assessor or an educational psychologist. Make sure they are registered with the BDA or PATOSS.

<https://www.bdadyslexia.org.uk/services/assessments>

<https://www.patoss-dyslexia.org/Tutor-Index-Landing>

Visual stress/Meares-Irlen Syndrome/Scotopic Sensitivity Syndrome

Visual stress is NOT dyslexia but it can be particularly prevalent in dyslexic individuals. Coloured overlays are something that can potentially help visual stress, not dyslexia.

See <https://eye-expert.co.uk/visual-stress/> for description of visual stress.

Hertfordshire Dyslexia Association

Helpline number: 07719 023376 (Monday to Friday 4pm to 7pm)

Helpline email: hertsdyslexiahelpline@gmail.com

Website: <https://hertsdyslexia.co.uk>