

Talking to Children About Dyslexia

Unsure how to talk to your child about their diagnosis? It's a big conversation — but you're not alone. Use our practical tips below to guide and support a positive discussion.

Dyslexia **affects** each child **differently** with no two experiences being exactly the same.

It's helpful to remind your child that dyslexia is common - it affects around **1 in 10 people**, and it can range from mild to more significant.



Children may have a range of **emotional responses** when they learn they have dyslexia. And **this is okay**. Let them express how they are feeling.



Pick a **calm, quiet moment** where you both have time to talk **without distractions or pressure**—maybe after school, on a weekend, or during a walk.

Supporting Your Child

The good news is that there are many strategies that can help. Here are some helpful steps:

- Talk about dyslexia in a **positive and supportive** way.
- Be honest - let your child know that you don't have all the answers, but you'll **figure it out together**.
- Try not to compare your child with others, your child is their **own person** with their own **unique strengths**.
- Ask your child what they **find easy**, not just what they find hard.
- Celebrate **dyslexia as a strength** and not as a weakness.



Let your child know that they simply learn in a **different way**, and that means they may need to be taught using **different methods** that suit them **better**.

**Cheshire Dyslexia
Services**

Useful Phrases To Use

Try adapting some of our use phrases below to get your conversations started.

“Dyslexia just means your brain learns in a different way—and that’s okay.”

“You’re just as smart as anyone else. You just learn differently.”

“This doesn’t mean you can’t learn. It just means we’ll try some new ways that work better for you.”

“Dyslexia is a different way that the brain understands letters and words.”

“How are you feeling about all this? It’s okay to feel unsure.”

“Sometimes it’s like your brain is a race car—but it just needs a different kind of fuel to read smoothly.”

“Reading and spelling are just one part of learning - there’s so much more to who you are.”

“Dyslexia doesn’t change how smart or talented you are.”



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Dyslexia doesn’t define what a person can achieve. It’s just one part of who they are.

