

# 11 TOP TIPS ON LITERACY

**1.**

**Foster a love of books and reading** by reading aloud to your child or use paired reading techniques to encourage them to join in. Help your child to choose books that reflect their interests.

**2.**

**When you're reading together, draw attention to patterns in words**, e.g. irregular spelling patterns - rough, tough, enough; prefixes and suffixes; rules for plural or -ed word endings.

**3.**

**Look at the different aspects of words:** What sounds are in it? What does it look like? What does it rhyme with? What do you do with it?

**4.**

**Play games** like 'I Spy'.

**5.**

**With older children, show how words relate to each other in word families** (e.g. telephone, microphone, phonic, phoneme, phonology).

**6.**

**If your child has problems writing by hand, try using pencil grips or ergonomic pens.** If you can, help them learn to touch type so they can prepare work on a computer (try using Dance Mat - <http://www.typing-games.org/a/learning/2010/0723/90.html>).

**7.**

**Make sure your child's chair and table are at the correct height when they're doing homework.** This is hugely important for handwriting and productivity.

**8.**

**Help them to use multisensory methods** by engaging more than one sense at a time when learning something new; e.g. ask them to say letter names out loud when they're writing out a difficult word.

**9.**

**Avoid distracting stimuli**, i.e. avoid being near windows, high traffic areas, the television or their mobile phone when they're doing homework.

**10.**

If your child is squinting or constantly moving the page close to or away from their eyes as they try to read, **arrange for an optometrist assessment.**

**11.**

**Coloured overlays or using tinted paper can often help children and young people with visual stress disorders.** Try experimenting with these and, if effective, ask the school to provide them.

