

# 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.