

Managing dyslexia at home



The Human Cost of Dyslexia project was an amazing opportunity to bring together those impacted by dyslexia and the government legislators to gain a better understanding of the direct and indirect challenges and abilities of individuals with dyslexia. The aim was to ensure the understanding of the amazing contribution the dyslexic community makes.

"This report is difficult reading. Anecdotally, we have heard it all before, but to see in cold hard statistics through expert and individual evidence, that hundreds of thousands of kids are unnecessarily anxious and undervalued, and millions of parents are struggling to give their children the support they need, is hard reading. This issue strikes to the very core of humanity."

Helen Boden, CEO British Dyslexia Association

Key Findings:

- 77 percent of parents felt exhausted by having to deal with their child's dyslexia
- 76 percent of parents said that they sometimes lost patience and got frustrated with their dyslexic child

Our data shows that dyslexia has a significant effect on family dynamics. They felt that this is due to the increased focus on the dyslexic sibling due to increased time commitments relating to homework, extra tuition or emotional support. Nearly half of parents reported that they spent over £1,000 extra per year because of their child's dyslexia. This extra focus, expense and commitment left many parents feeling that they neglect other family members, and that relationships between all family members are impacted by dyslexia and its effects.

Homework was a very emotive subject and almost all parents commented that it was problematic for themselves, their dyslexic children and their siblings.

“My daughter feels I don't care about her as much, as I pay for tuition for my son but not her. I can't afford it as a single mum with a non-paying ex.”

“At the weekend, I take my daughter to her tutors so I miss every Saturday morning with my other children. By the time I come home, I have just enough time to get through the housework before dinnertime.”

The emotional effects of dyslexia on parents and their relationship with children was also documented. A large proportion of participant families reported that they experienced frustration linked to their children's dyslexia, describing changes in their role as a parent resulting from their children's dyslexia.

Parents found that there was an emotional cost linked to supervising homework and were concerned about its long-term effects on their relationship with their children.

“I feel that I have become my child's teacher and not their mum. I have even trained as a specialist teacher in order to support them. At times, I am frustrated that I cannot just be mum, but the lack of support and understanding from school means I feel I have to support them in order for them to reach their potential.”

“Our youngest has dyslexia, but we also have two older neuro-typical children who definitely miss out on time with us because of the additional attention our dyslexic daughter needs to complete homework, etc.”

What these results demonstrate is that dyslexia places both an emotional and financial cost on families. The lack of support, that should be available in schools, is negatively impacting on home life.

*Sourced from: The Human Cost of Dyslexia - April 2019
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