

# DYSLEXIA EXPLAINED

Illustrated by  
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Written by  
Mike Jones

Without the need for too many words...

[nessy.com](http://nessy.com)



# INTRODUCTION

How to use this book.

## CHAPTER 1 understanding dyslexia

Discover how dyslexia affects learning and memory.

## CHAPTER 2 types of dyslexia

Understand the different types of dyslexia.

## CHAPTER 3 what people with dyslexia are good at...

Meet some brilliant people who lived with dyslexia.

## CHAPTER 4 dyslexia difficulties

Find out how dyslexia impacts on processing words, numbers and study.

## CHAPTER 5 helpful strategies

Learn strategies that help with memory and understanding.

## CHAPTER 6 what works best for dyslexia?

See how the Nessy program changes the way you learn, read and write.

# INTRODUCTION

This book helps parents understand dyslexia:  
the positives, the difficulties and what helps.

After reading, use it to help explain dyslexia to your child.

Sections suitable for children show this icon.



Dyslexia causes low self esteem. It makes learning to read and write much harder and affects the whole family. Every person with dyslexia needs to find the mental strength to get through school.

The first step on that journey is to understand dyslexia and rediscover the self belief and determination to succeed.

Dyslexics tend to think in pictures rather than words so illustrations are used to explain each point.

**We hope you enjoy this book.**

# CHAPTER 1

understanding  
dyslexia



Dyslexia was discovered more than  
**100** years ago.

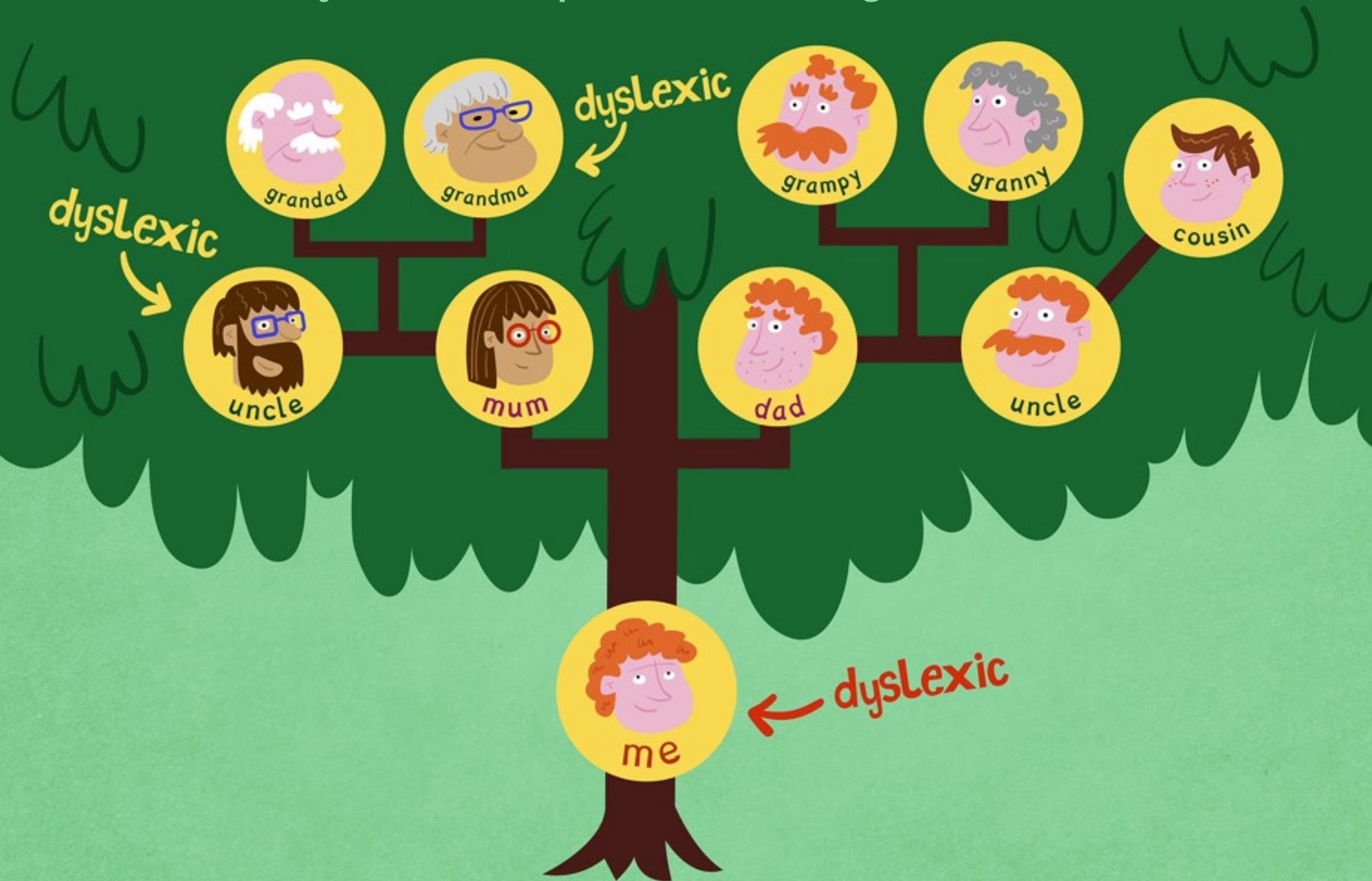


But many people  
still don't  
understand it.

discovered  
by Doctor Berlin  
**1887**



Dyslexia is passed through families.



Do you know someone in your family with dyslexia?



1 in 10 people have dyslexia.



Dyslexia is neurological.  
The dyslexic brain processes written  
and spoken information differently.



Sometimes the information is forgotten,  
jumbled up or bits are missing.





**DYSLEXIA**

**warning**

**signs**



# Problems when reading

misreading

losing  
your  
place

limited  
comprehension





# Difficulties when writing

forgetting  
punctuation



finding  
the right  
words



difficulty  
organising ideas





# Difficulty remembering sequences

alphabet

ABCDE  
GHK?



phone  
numbers

days  
and months





Tough tasks

Finishing



on time

Recalling

A C D  
Q T

names

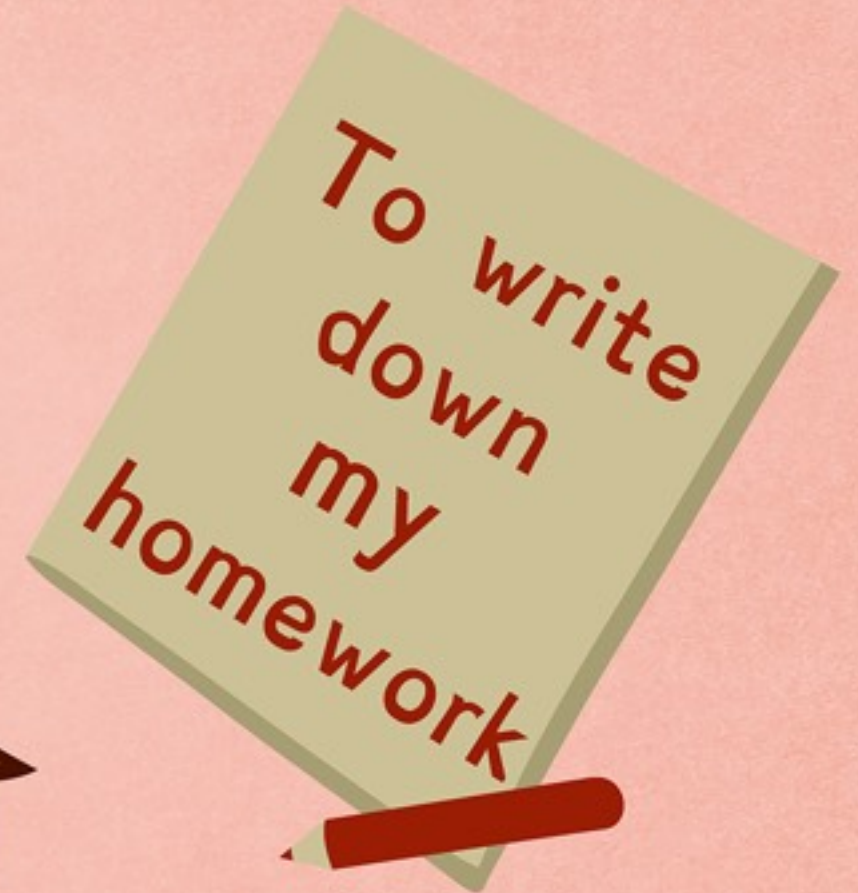


Staying  
focused





What is forgotten?





# Doesn't like school

unhappy



angry  
and  
frustrated



withdrawn  
and  
quiet





# SUMMARY

Dyslexia is a difference in the way the brain processes words.

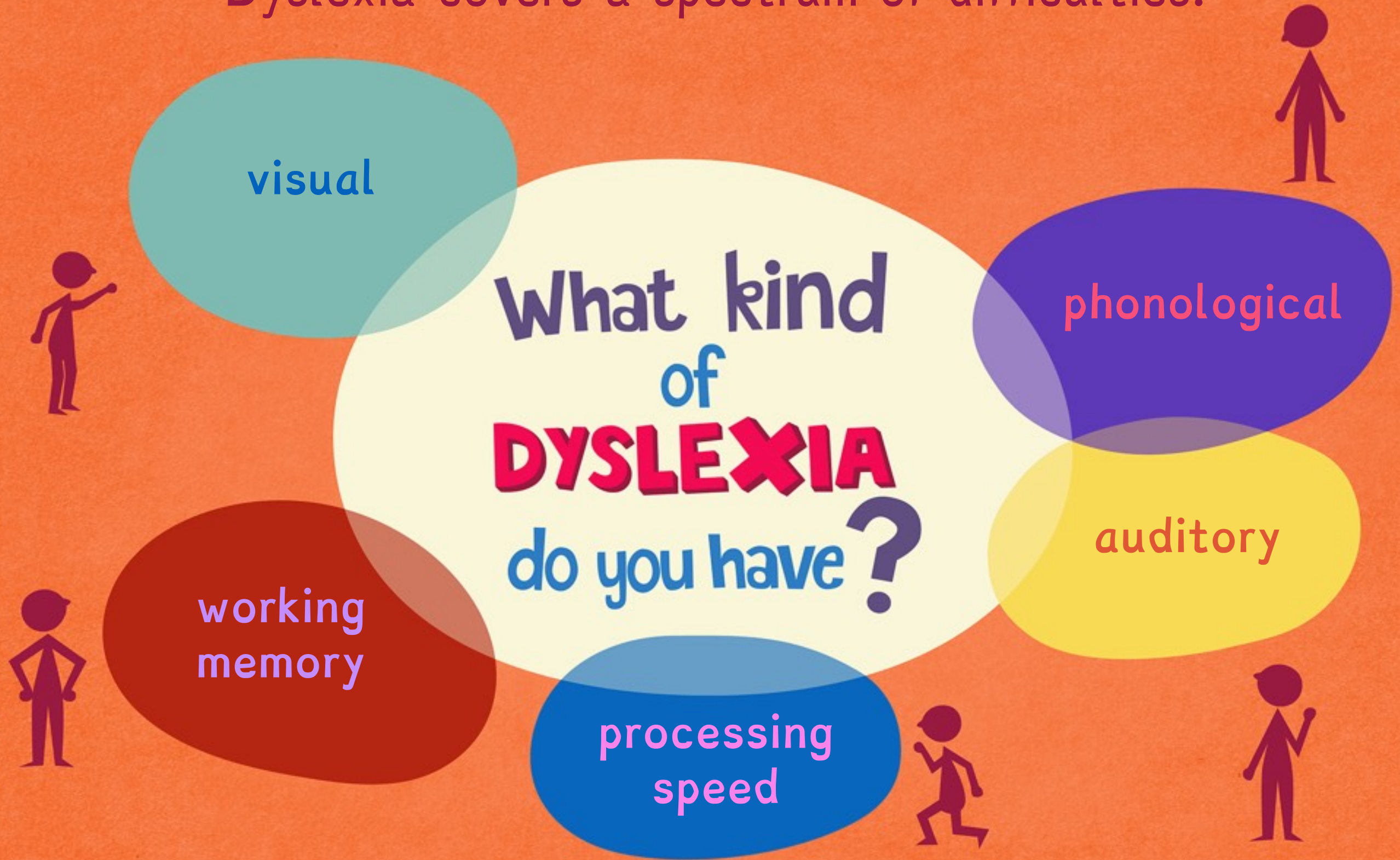
However, it affects much more than reading and writing. It also causes difficulty with organisation, maths and memory.



# CHAPTER 2

types of dyslexia

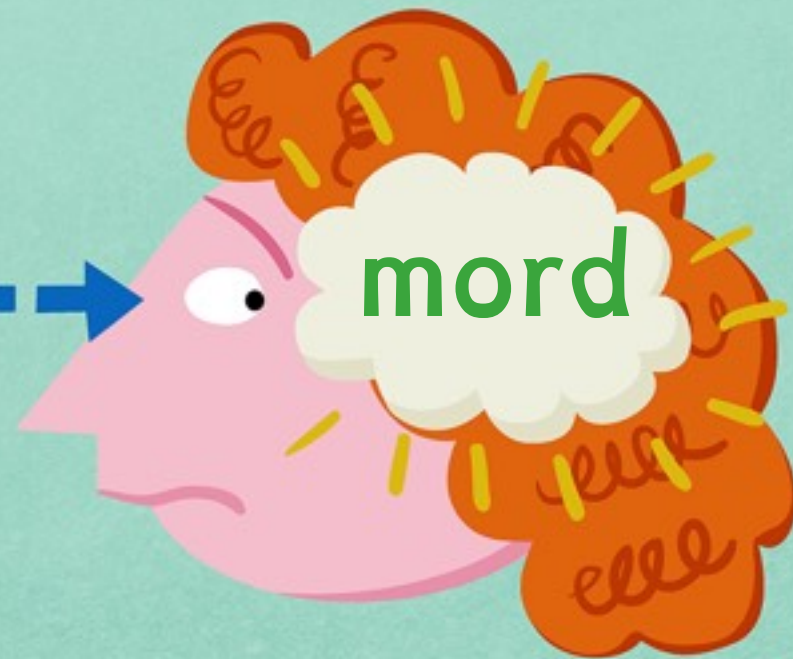
Dyslexia covers a spectrum of difficulties.





# VISUAL PROCESSING DYSLEXIA

word



mord



# Visual difficulties

slow  
processing



inaccurate  
copying



mixing up  
letters

bd



**AUDITORY**  
(hearing)  
**PROCESSING**  
**DYSLEXIA**



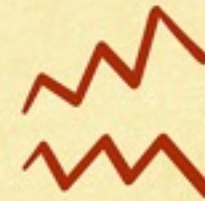


# Auditory difficulties

losing  
attention



distracted  
by  
noise



forgetting  
instructions





# SLOW PROCESSING SPEED

(it takes much longer)





# Dyslexia causes slower information processing when...

learning  
in the  
classroom



writing  
a  
story



reading  
a  
book

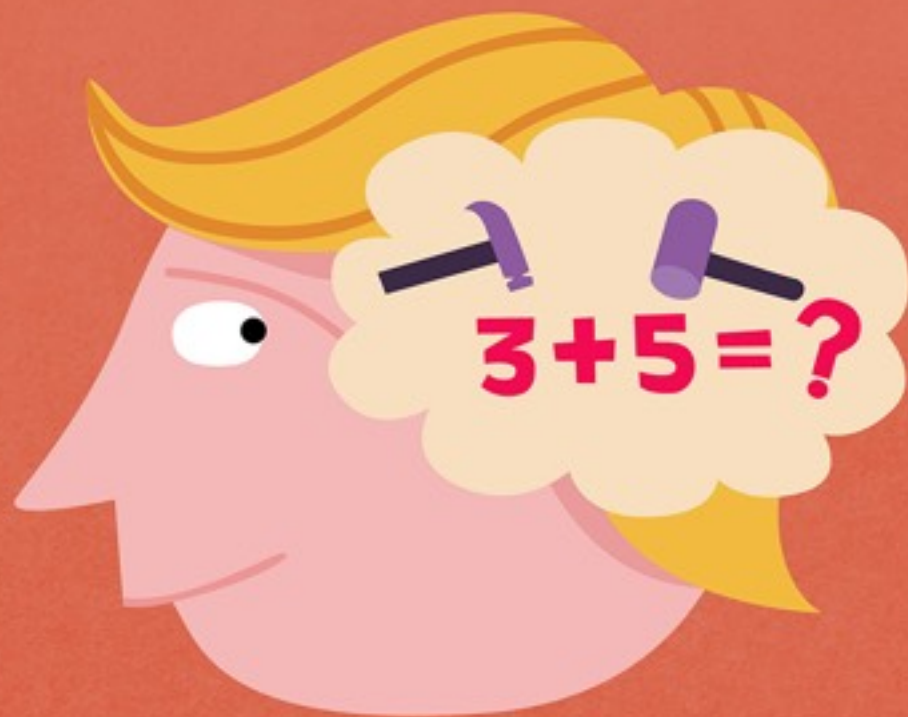


doing  
homework





# WORKING MEMORY DYSLEXIA



work in progress



Working memory can store between  
5 and 7 chunks of information.



But those with dyslexia struggle to remember even 3.



# PHONOLOGICAL DYSLEXIA

(working with sounds)





# Phonological difficulties

splitting words  
into syl|la|bles

b-l-e-n-d-i-n-g  
phonemes

win thin  
rhyming  
tin in





# SUMMARY

Every person is slightly different depending upon what sort of dyslexia they have. It is important to find out what type of dyslexia you have. This will help you to find out which learning approach will work best.

Try **Dyslexia Quest**.



A 20 minute dyslexia screener.



# CHAPTER 3

what people with dyslexia  
are good at...





# Seeing the bigger picture



People with dyslexia have the ability to imagine how everything works together and picture how things will end up. This is a great leadership skill.



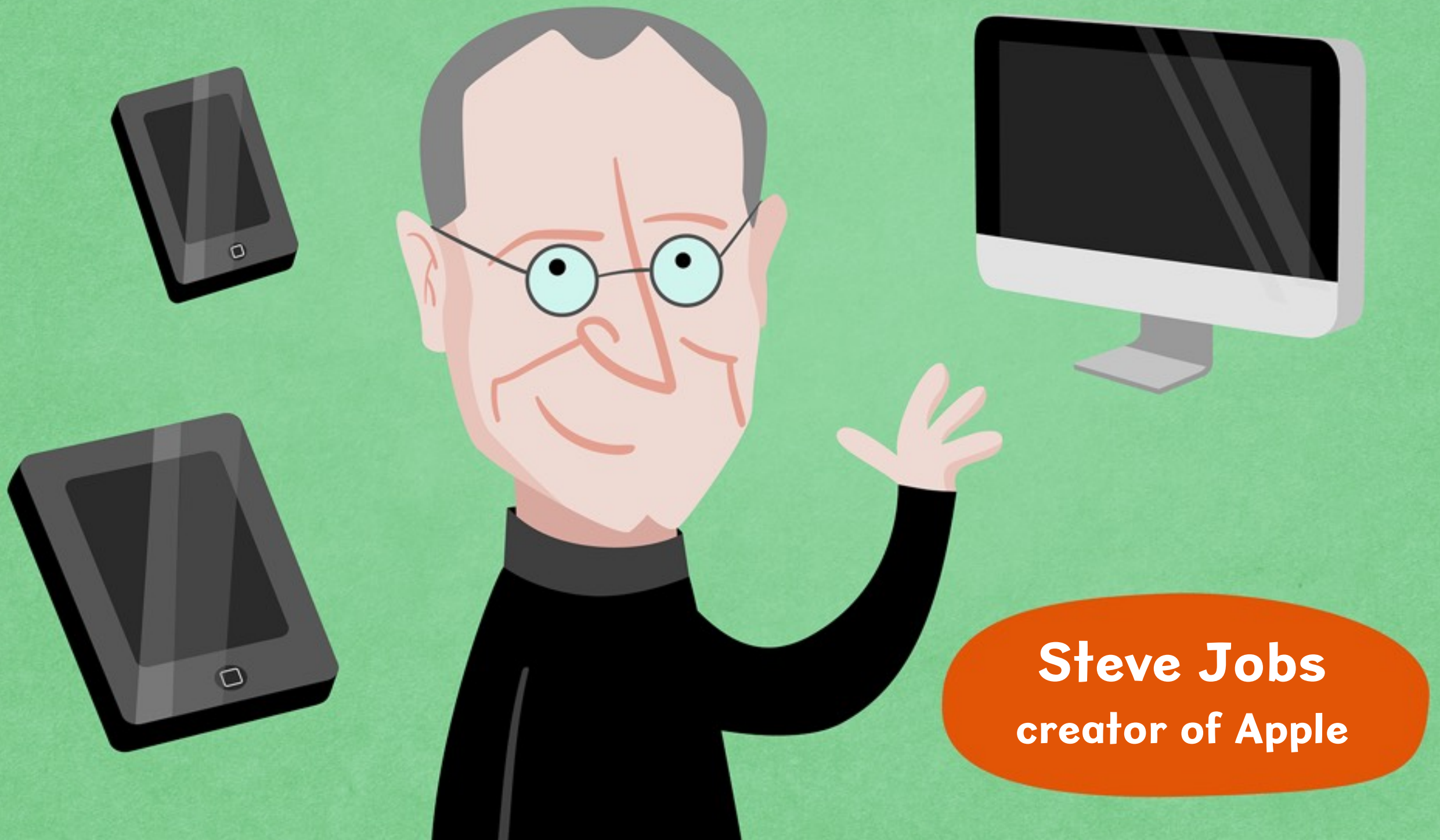
# Thinking outside the box



People with dyslexia are able to see things from a different angle and come up with unusual ideas.



Being able to imagine a vision of the future combined with an unconventional approach has helped some people with dyslexia become successful entrepreneurs.



**Steve Jobs**  
creator of Apple



40% of self-made millionaires have dyslexia.

**Richard Branson**  
entrepreneur



**400 companies**



**5 billion**





# Spatial awareness



People with dyslexia are better at imagining how objects and spaces will connect.



**Some of the world's leading architects have dyslexia.**

Spatial understanding helps them to develop their ideas into amazing buildings.



**Richard Rogers**  
architect





# Creative ideas





**Benjamin Zephaniah**  
poet, writer  
and musician

Even though dyslexia causes difficulty with the process of reading and writing it doesn't stop you being very creative with words.





# Famous actors with dyslexia

Some people with dyslexia channel this creativity into acting.



**Whoopi Goldberg**  
actor



**Keira Knightley**  
actor



**Orlando Bloom**  
actor



# Picture thinking

People with dyslexia are often visual thinkers and this makes them good at problem solving.





# Pattern recognition



Top code breakers are able to crack complex problems because their dyslexia helps them find patterns.



Many talented scientists have dyslexia.



**Christopher Tonkin**  
scientist

Astrophysicists with dyslexia are better at detecting unusual details in large images of space.



# SUMMARY

Creativity, strong visualisation, problem solving abilities and an unconventional way of looking at things have helped many people with dyslexia to succeed in life.

Think about what you are good at and choose a path that uses your strengths.

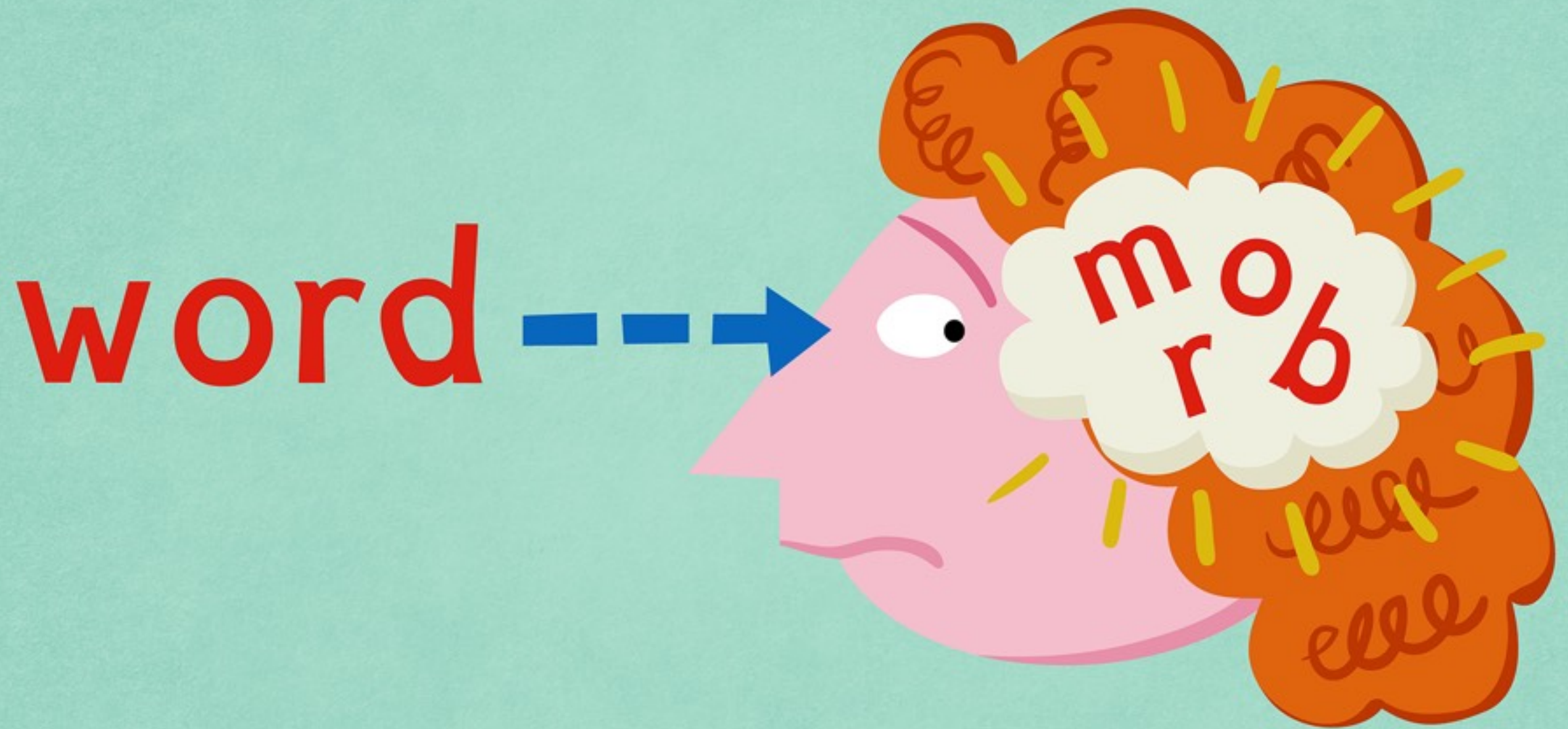


# **CHAPTER 4**

**dyslexia  
difficulties**



Words get jumbled in my head.





The word sounds right but looks wrong.

with

wiv

was

wos

they

thay





I often forget silent letters when I spell.

stick

white

friends

huge



stik  
wite  
frends  
hug



Sometimes I mix up the order of the letters.

felt

two

fire

who



flet

tow

fier

how





I often confuse homophones.

(words that sound the same but are spelled differently)

there

their

they're





Sometimes I reverse numbers and letters.

p b d

9 6 e

y n

5 2

5 2

3 e





I have difficulty copying.





I am slower at writing.



I have  
Lots of  
**IDEAS**



but  
**I CAN'T**  
write them  
**DOWN**





Sometimes it seems like

my brain hops over words.





I make mistakes when I read out loud.





I can't focus when it's noisy.





I mix up similar sounding words.





I have trouble recalling instructions.



do your  
**HOMEWORK**

read  
a  
**BOOK**

then YOU  
can  
**PLAY**



**PLAY**



I mix up left and right.

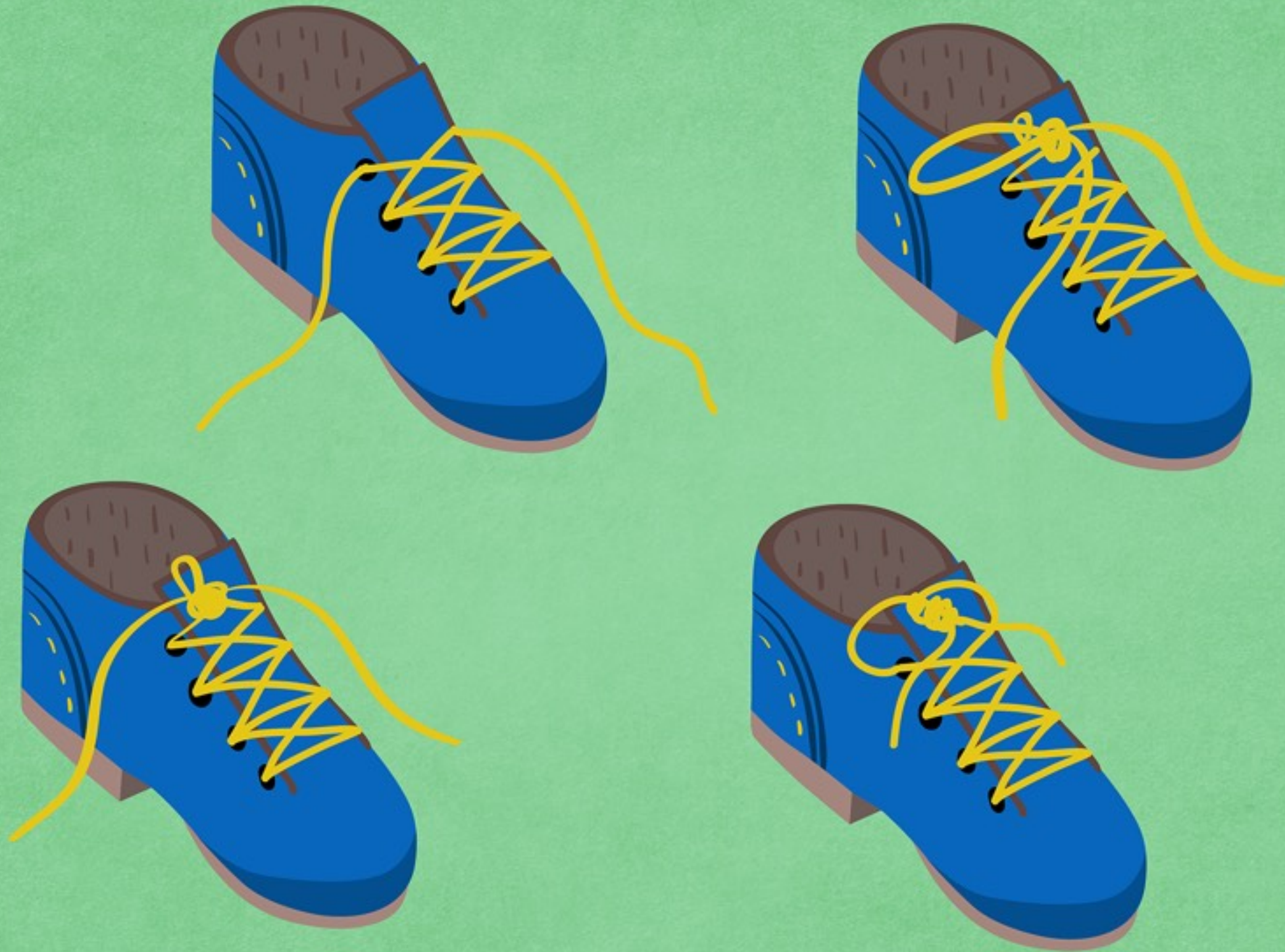
right?

Left?





I have difficulty remembering a sequence of steps.



Like tying a knot.



Dyslexics often lose or forget things.





# GOOD DAY

# BAD DAY

today  
I remember  
it all



some days  
I forget  
everything





# SUMMARY

Most children will show difficulties like this for a short while but will quickly develop their abilities.

For many children with dyslexia, the difficulties will be more severe and persistent, causing them to fall behind.

Every individual with dyslexia is different and no one will have all these difficulties. It depends on what type of dyslexia you have.



# CHAPTER 5

## helpful strategies





Rhyming words can help you spell.

**DRINK**  
          

**THINK**  
          



**PINK**  
          

**STINK**

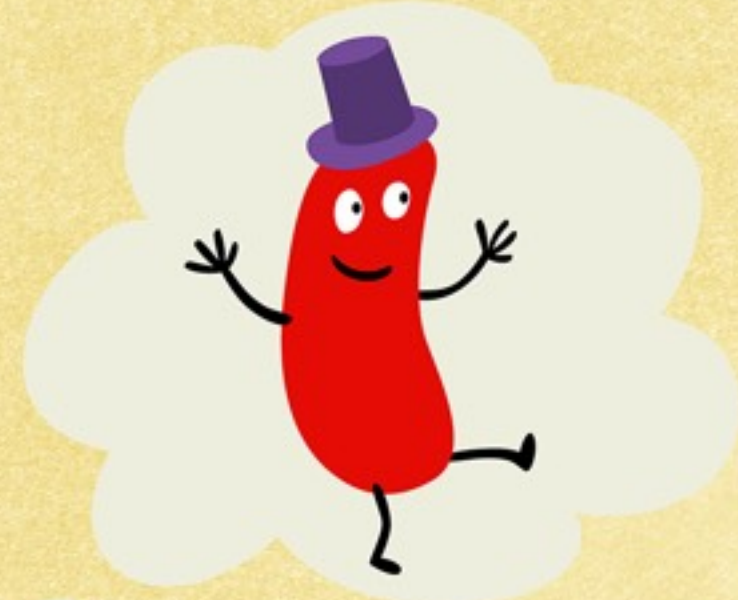


Using mnemonic memory strategies  
helps to spell difficult words.

**W**as

**A**

**S**ausage





Mispronouncing words can also help you spell.



busy



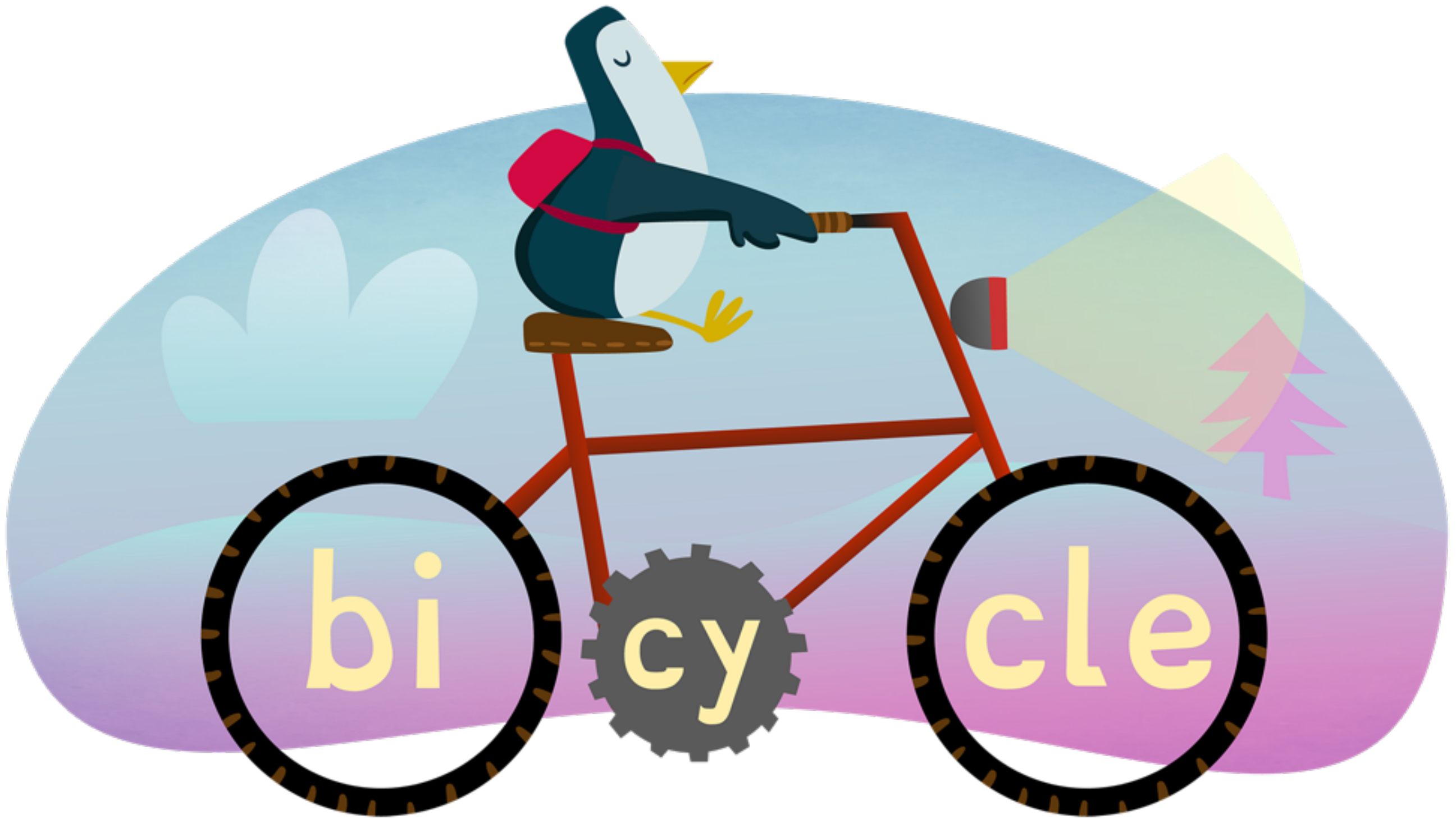


Learning syllables helps to read  
and spell long words.





Linking sounds to a funny picture helps to split the syllables.





Linking a picture to a word will make it easier to learn.  
To remember lots of words, link the pictures into a story.



**school  
Letter**



**gym Kit**



**Library  
books**



Picture thinking can help you remember names.

**MIKE**

**LORRAINE**

**FRED**





# SUMMARY

Looking at words and copying them is not an effective way for people with dyslexia to learn to spell but there are many learning strategies that can help.



# CHAPTER 6

what works best  
for dyslexia?



Use encouragement and praise.



**3** success

**2** self belief

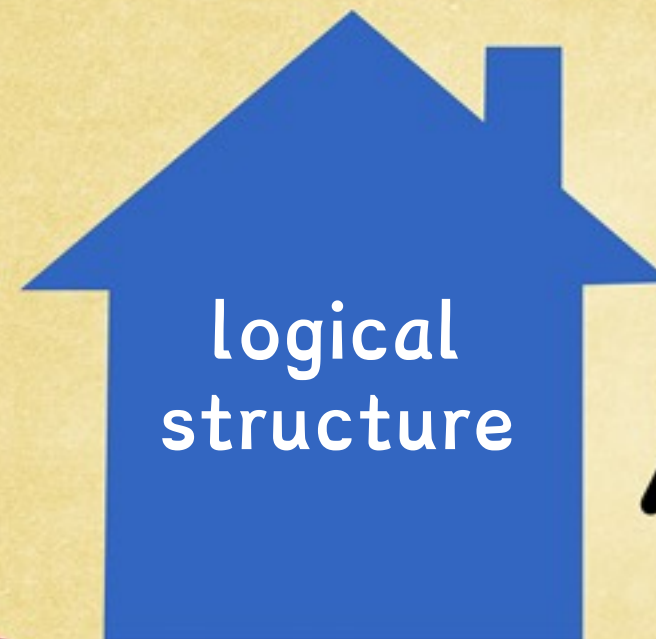
**1** reward small achievements







small  
steps



logical  
structure



Know how  
people with dyslexia  
Learn



Learning  
strategies



p h o n i c  
p a t t e r n s



ai ph oi ue sh ea th

air

ie

Use a logical  
learning structure of

# **SYSTEMATIC PHONICS**

oy

ar

ear

ee

ch au oo aw er ay wh



SEE IT



word

SAY IT



use  
multisensory  
learning

HEAR IT

word



WRITE IT





**1** Identify my difficulties



**2** Work at my pace



use an  
**individualised**  
approach



**3** Find helpful strategies

**4** Learn what I need







**CAT**

link pictures  
to sounds  
and words

spelling rules

**hope**

magic **e**

understand  
the **structure**  
of Language

rhyiming  
and blending

syllables  
prefixes  
suffixes



**THINK**

**STINK**





recognise  
that  
**everyone**  
has different  
**strengths**

What is your strength?

visual  
**thinking**



listening  
saying



**actions**





School is hard  
when you have dyslexia.



With the right approach  
and enough time, every  
person with dyslexia  
can succeed.





# SUMMARY

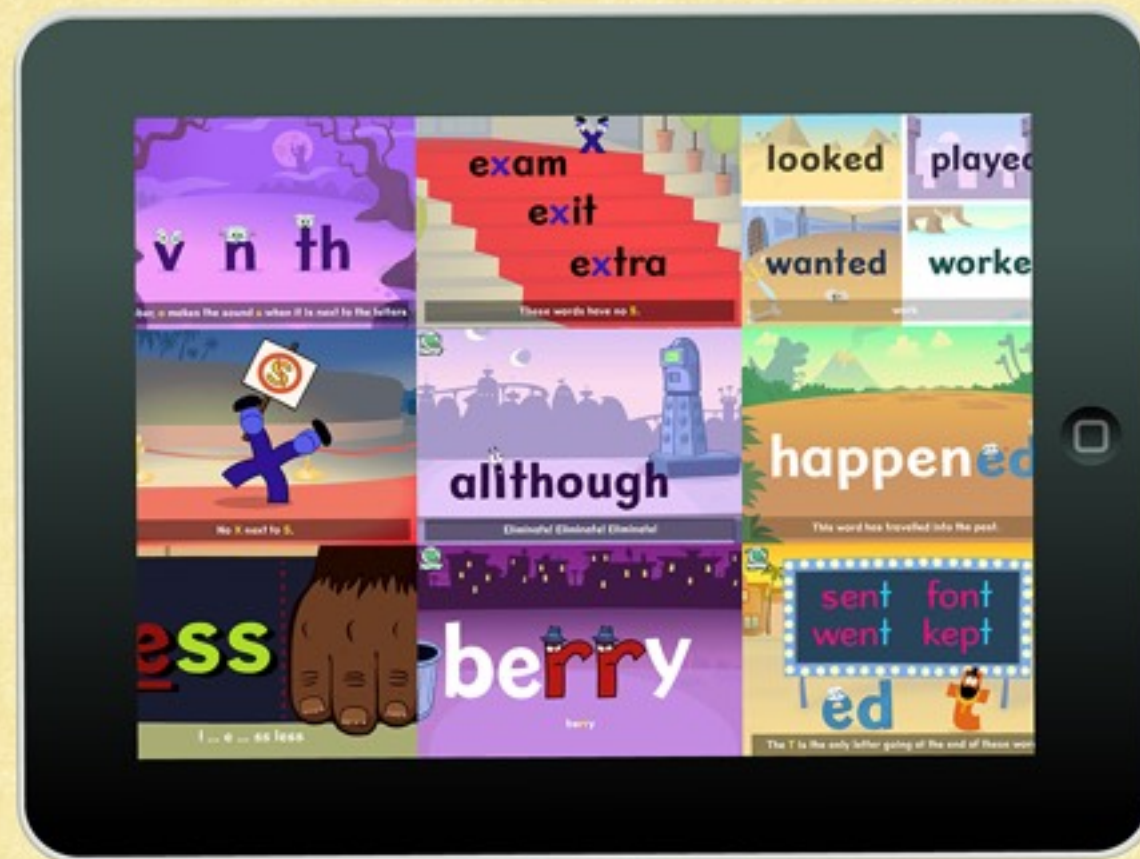
Individuals with dyslexia benefit from a supportive environment combined with an individualised, multisensory program of learning, structured into small steps.

The Nesy Reading and Spelling program has been designed to include all of these strategies for success.



# PLAY and LEARN

with **nessy.com** !



Nessy offers an innovative approach to learning that is ideal for children with dyslexia.

**For a free trial visit:**



[www.nessy.com/uk/register-trial/](http://www.nessy.com/uk/register-trial/)



# WHO IS NESSY ?



Nessy has been making fun, and multisensory educational software that supports learners with dyslexia and learning disabilities since 1999. Since its launch, Nessy has built a reputation for exceptional quality and recently has been the winner of the prestigious Educational Resources Awards for three successive years.

Nessy programs are used in schools worldwide to help children rebuild self confidence, rediscover self esteem and establish a love of learning.

Independent research studies on Nessy Reading and Spelling show that students who use the program can increase their reading abilities by up to 2 years in as little as 18 weeks!



# THE AUTHOR'S STORY

Mike Jones is a parent, entrepreneur and has dyslexia. At 9 years old Mike could not read or even spell his own name. To help him his mother homeschooled for a year and created a series of techniques that proved to greatly develop his ability to understand and retain information. His mother's intervention transformed Mike's ability to retain information and he soon went from bottom of the class straight to the top.

When Mike left school, he went on to study law whilst his mother set up a school to help other children with dyslexia. In his free time, Mike helped out by answering the telephone at her school. Mike recalls how conversations all started the same way with parents desperate for help.

Mike knew that he needed to take the successful techniques that had helped him and make them available online for everyone. In 1999, Mike launched **Nessy Learning**: a company that aims to support learners with dyslexia and learning disabilities. To date, more than 20,000 schools and hundreds of thousands of children have used his programs worldwide.





## PRAISE FOR NESSY LEARNING

“At the age of 8 I found out that I had dyslexia. This really worried me as I thought people would treat me differently and I wouldn’t fit in. Nessy helped me to overcome this fear as it gave me a lot of confidence with reading and spelling.”

Lucy



“The first time I met Nessy he was in the computer but now he is in my head and when my class are doing a big write Nessy is helping me. I just open the door in my head and Nessy is there to help.”

Eve



“Dear Nessy, when I moved school I had to catch up two years of learning to read and write. I felt very nervous starting Nessy. I didn’t know the alphabet but all the other children already knew how to read and write. It has been two years and now I know how to read and write and caught up with all the other children. Thank you Nessy for helping me to read and write.”

Nina



“If you are looking for a hilarious game that will also improve your reading skills then you should try Nessy! Our class uses Nessy every Wednesday. Last week we had a spelling test on words with silent consonants. Luckily I had just reviewed the lesson on silent consonants the week before on Nessy. I got 100% on my test! I love playing the games, especially because they help me learn.”

Graciela



“My son, who is 9 years old and has dyslexia, has been using the Nessy program. He has greatly improved and now enjoys reading.”

Sharon



“I adore using this program as it inspires the children I teach. The phonic sounds and animated rules are excellent for helping children with their memory.”

Joan



“Just wanted to say a massive **THANK YOU** for really helping our severely dyslexic son.”

Tabbie



“It teaches the students without them realising that they are being taught because they are having so much fun.”

Janet





# THANKS TO

Dr Erica Warren [www.dyslexiamaterials.com](http://www.dyslexiamaterials.com)

Michael Bates [www.dyslexia-reading-well.com](http://www.dyslexia-reading-well.com)

Pat Jones [www.dyslexiacentre.co.uk](http://www.dyslexiacentre.co.uk)

Christian Boer [www.dyslexiefont.com](http://www.dyslexiefont.com)

David Sloly [uk.linkedin.com/in/sloly](http://uk.linkedin.com/in/sloly)

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