

Welcome to our October newsletter! This month we've got a lot to celebrate, it's Black History Month, World Dyslexia Awareness Day and World Mental Health Day.

## Dyslexia

Dyslexia is a learning difficulty (or difference) that primarily affects the skills involved in accurate and fluent word reading and spelling. It is important to remember that there are positives to thinking differently and many dyslexic people show strengths in areas such as reasoning and in visual and creative fields.

Ten percent of the population are believed to be dyslexic, some famous examples are:



Holly Willoughby



Pablo Picasso



Jamie Oliver



Walt Disney

## How you can help your child

As a parent, you might be unsure about the best way to help your child with their reading.

These are some simple tips that you can try whether your child has dyslexia or not.

### Read to your child

This will improve their vocabulary and listening skills, and will also encourage their interest in books.

### Share reading

Both read some of the book and then discuss what's happening, or what might happen.

### Overlearning

You may get bored of reading your child's favourite book over and over, but repetition will reinforce their understanding and means they'll become familiar with the text.

### Silent learning

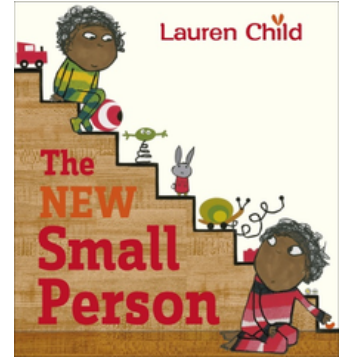
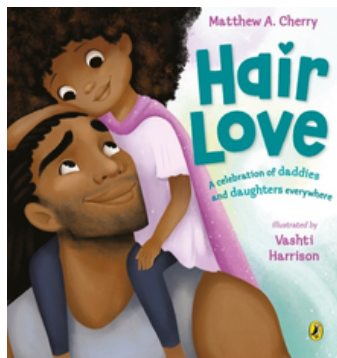
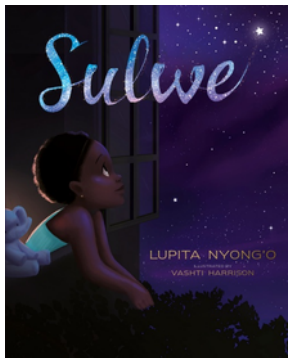
Children also need the chance to read alone to encourage their independence and fluency.

### Make reading fun

Reading should be a pleasure, not a chore. Use books about subjects your child is interested in, and make sure that reading takes place in a relaxed and comfortable environment.

# Books

It's important that children have access to diverse books, and young readers will love these tales of daring heroes, brave kids and great friendships. Featuring black characters at the forefront, these stories have positive role models that both inspire and empower.



## Emotions

As it is World Mental Health Day this month, we think it is important to look at teaching children how to recognise and regulate their emotions.

### Share how their behaviour is affecting you

"I can see that you are happy and that is making me feel happy too."

### Ask questions whilst watching television, reading a book, or watching videos on the internet

"How does that character feel?", "What makes you think this?", "What are the impacts of their behaviour?", "How do you think their body is feeling right now?"

### Check-in with your child regularly

"How are you feeling now?", "How can you calm down?"

### Identify and label your feelings

"I am feeling angry right now because I'm tired."

### Teach your child which tools they can use

"You look angry, let's use the calm box."

### Label how your child may be feeling throughout the day

"You are smiling, are you happy?"

## Self-regulation tools



It's important to talk openly with your child about how they can regulate their emotions. To do so, suggest different regulation tools and try them out with your child. Talk about how these self-regulation tools make you and your child feel. I.e.. "Listening to calm music made my body relax".

Use the techniques below to encourage your child to use self-regulation tools throughout the day.

I'm feeling:	
I need to:	

### Choice Board

Use visual choice boards with your child to help them choose regulation tools you have tried with them before.

"I'm feeling wiggly.... I need to do 5 star jumps."

"I'm feeling sad... I need to listen to my favourite song."

### Calm box

The box can contain visual instructions of calming activities, such as deep breathing and counting to ten. It can also contain calming objects, such as sensory toys and fidget tools. Encourage your child to use the box when they need to calm down.

