

DYSLEXIA EXPLAINED

Illustrated by
Leah Heming



Written by
Mike Jones

Without the need for too many words...

nessy.com

THE AUTHOR'S STORY

Mike Jones is a parent, entrepreneur and has dyslexia. At 8 years old Mike could not read or spell his own name. His mother, Pat Jones, homeschooled him and created a series of techniques that taught him to read, write and spell. Pat's intervention transformed Mike's ability to learn and he soon went from bottom of the class straight to the top. Their story has now been made into the film 'Mical'.

When Mike left school, he went on to study law while Pat set up a school to help children with dyslexia. In his free time, Mike helped out by answering the phone at her school. Mike recalls how conversations all started the same way with parents desperate for help. He remembered his own struggle and realised he felt a deep passion to help others with dyslexia. After qualifying as a dyslexia specialist, in 1999 he launched Nessy, an online program that included all the techniques that had helped him. To date, more than 100,000 schools and millions of children worldwide have learned to read and write using his programs.



WHO IS NESSY ?



Nessy Learning was founded in 1999 by mother and son, Pat and Mike Jones at the Bristol Dyslexia Centre. Nessy uses strategies and games developed over 20 years of teaching. An award winning, ed-tech company, Nessy is now run by two dyslexic people: Tiffany James and her husband Mike Jones.

The Nessy resources follow the evidence based Orton-Gillingham methodology of Structured Literacy. This is a Science of Reading process that helps children become competent readers using a scientific basis.

Nessy has a small team of dedicated people with a passion to change educational outcomes for children with dyslexia. The goal of the company is to make effective instruction available to all children at an affordable, low-cost and to help educators to identify and support children with dyslexia.

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 realizing that they are being taught because they are having so much fun.”

Janet



INTRODUCTION

How to use this book.

CHAPTER 1 understanding dyslexia

Discover how dyslexia affects learning and memory.

CHAPTER 2 different processing

Information processing that is affected by 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 the processing of words, numbers and study.

CHAPTER 5 helpful strategies

Learn strategies that help with memory and understanding.

CHAPTER 6 what works best for dyslexia?

What is structured literacy and why is it effective for dyslexia?

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:



When dyslexia is unsupported it leads to low self-esteem.
Learning to read and write will be much harder but dyslexia is not
a fault to be ashamed of - it is part of who you are.

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

CHAPTER 1

understanding
dyslexia

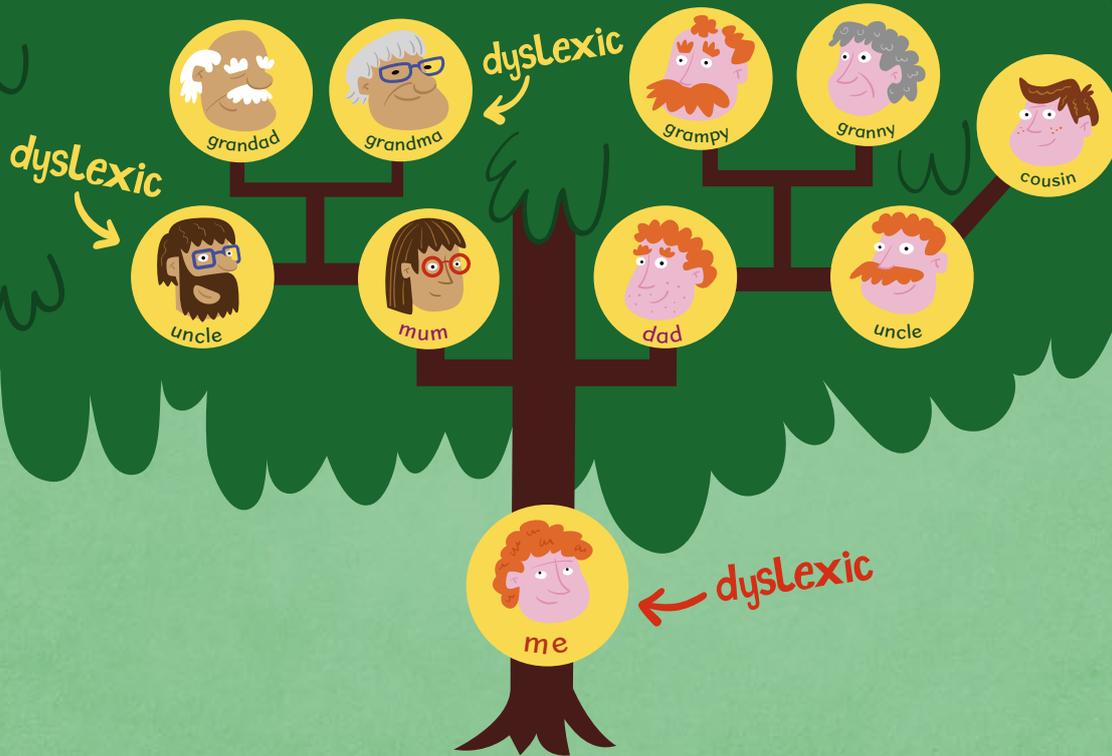
Dyslexia was discovered more than
100 years ago.



But many people
still don't
understand it.

discovered
by Doctor Berlin
in **1887**

Dyslexia is passed through families.



Do you know someone in your family with dyslexia?

1 in 5 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.

**SIGNS OF
DYSLEXIA**



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
GHIK?**



phone
numbers

days
and months



Tough tasks

Finishing



on time

Recalling

A C D
Q T

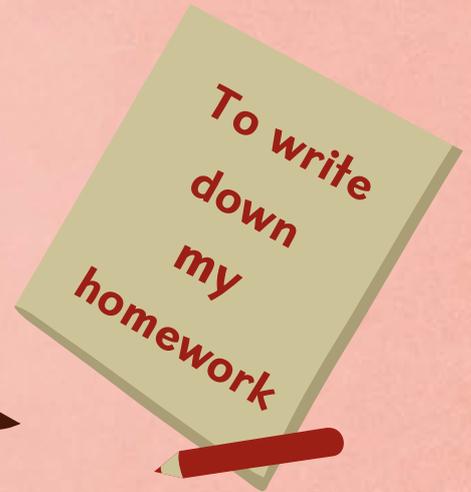
names



Staying
focused



What is forgotten?



Doesn't like school

unhappy



withdrawn
and
quiet



angry
and
frustrated



SUMMARY

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

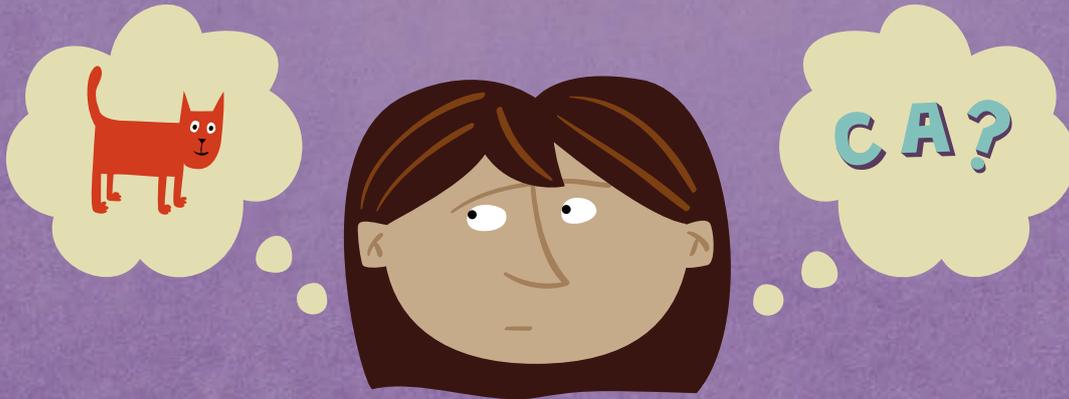
However, it affects much more than reading and writing. It also causes difficulty with organisation, maths and memory.

CHAPTER 2

different processing

PHONOLOGICAL AWARENESS

(working with sounds)



Difficulties

splitting words
into syl|la|bles

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

win thin
rhyming
tin in



AUDITORY (hearing) PROCESSING



Difficulties

losing
attention



forgetting
instructions



distracted
by
noise



SLOW PROCESSING SPEED

(it takes much longer)



Dyslexia causes slower information processing when...

learning
in the
classroom



writing
a
story



reading
a
book

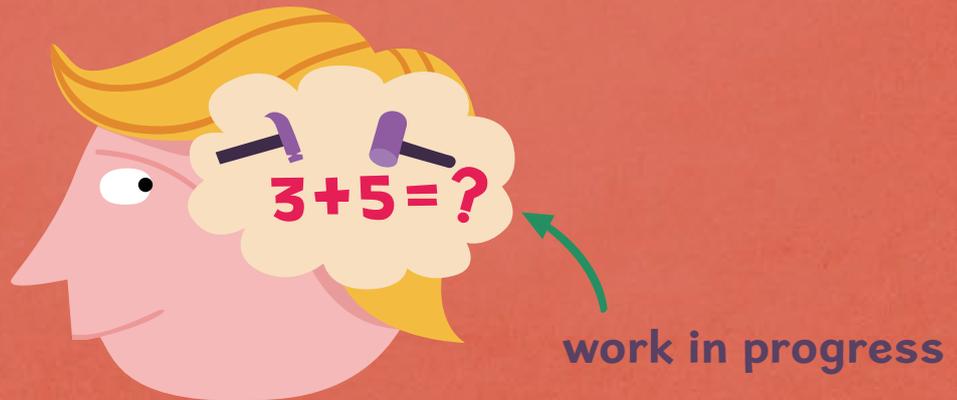


doing
homework

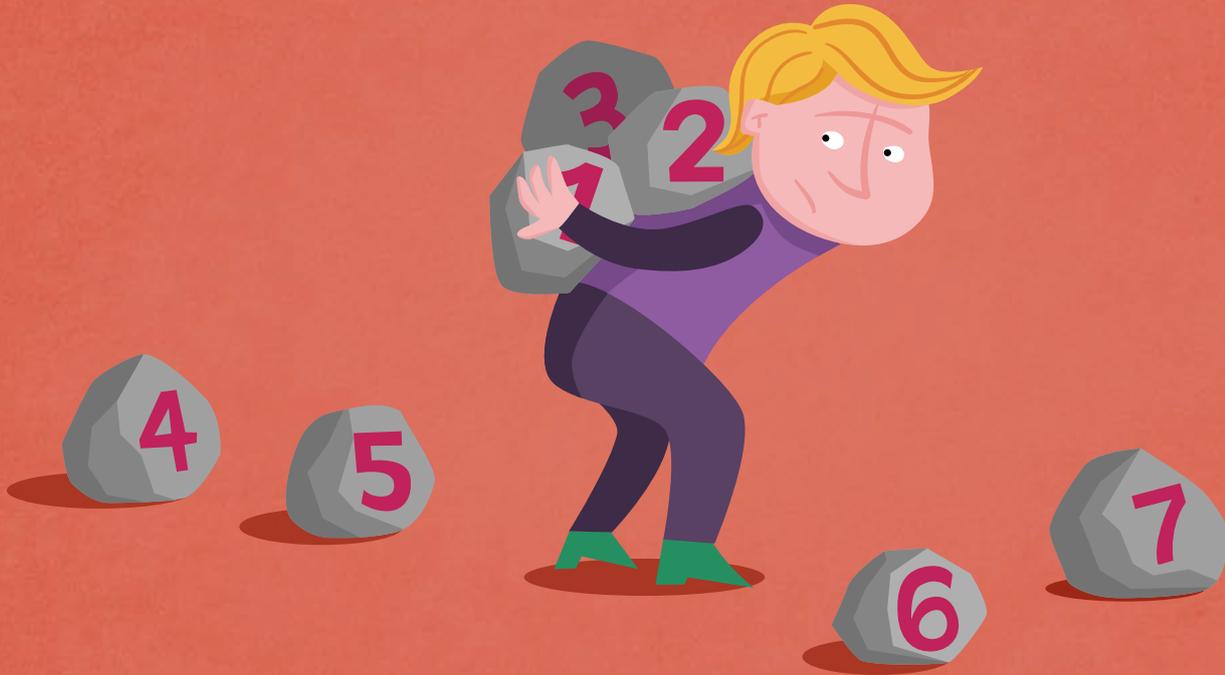


WORKING MEMORY

(Hold and use information in your head for a short time.)



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



But those with dyslexia struggle to remember even 3.

EXECUTIVE FUNCTION

(how you plan, manage time and organise)





Organising time...
being late

Mixing up
the **order**
and **sequence**



Losing
things



Forgetting
stuff...
like homework



It's not me,
it's my
executive
function



phonological
awareness

auditory
processing



DYSLEXIA

is different
for everyone
from mild to severe.

executive
function



working
memory



processing
speed



SUMMARY

Every person is slightly different depending upon the severity of their dyslexia. A quick screener can pick up signs of dyslexia but a more in-depth assessment will examine different processing abilities. A professional assessment is needed for accommodations such as extra time during examinations, and will help a dyslexia specialist understand which learning approaches are likely to work best.

The University of Oregon has a free dyslexia screener called DIBELS 8th or visit: dyslexiatest.me

CHAPTER 3

what dyslexic people
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.

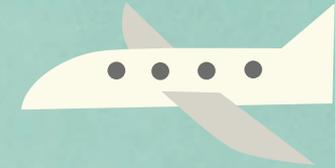
Being able to imagine a vision of the future combined with an unconventional approach has helped some people with dyslexia become successful entrepreneurs.



Steve Jobs
creator of Apple

40% of self-made millionaires have dyslexia.

Richard Branson
entrepreneur



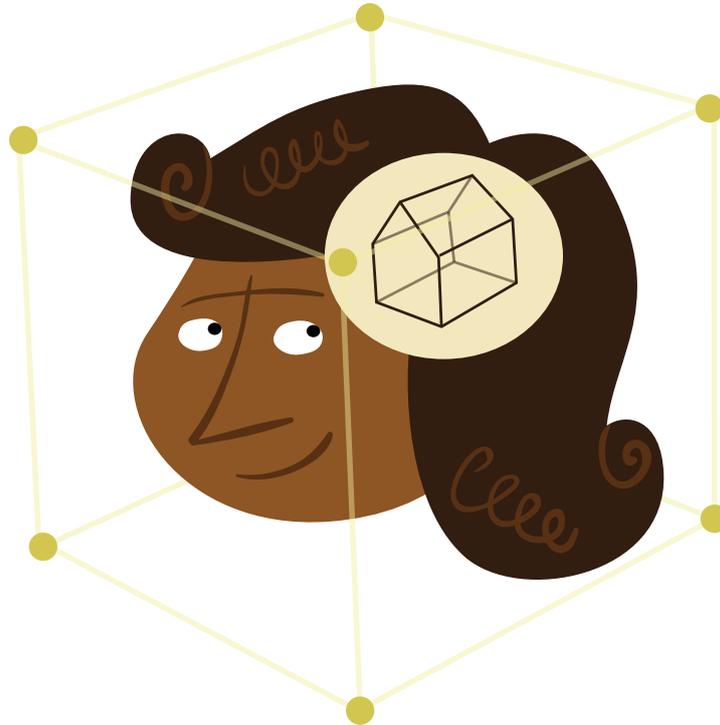
400 companies



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 difficulties
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.



Octavia Spencer
actor



Keira Knightley
actor



Orlando Bloom
actor

Famous sports people



Steve Redgrave
olympic rower



Rachel Yankey
footballer



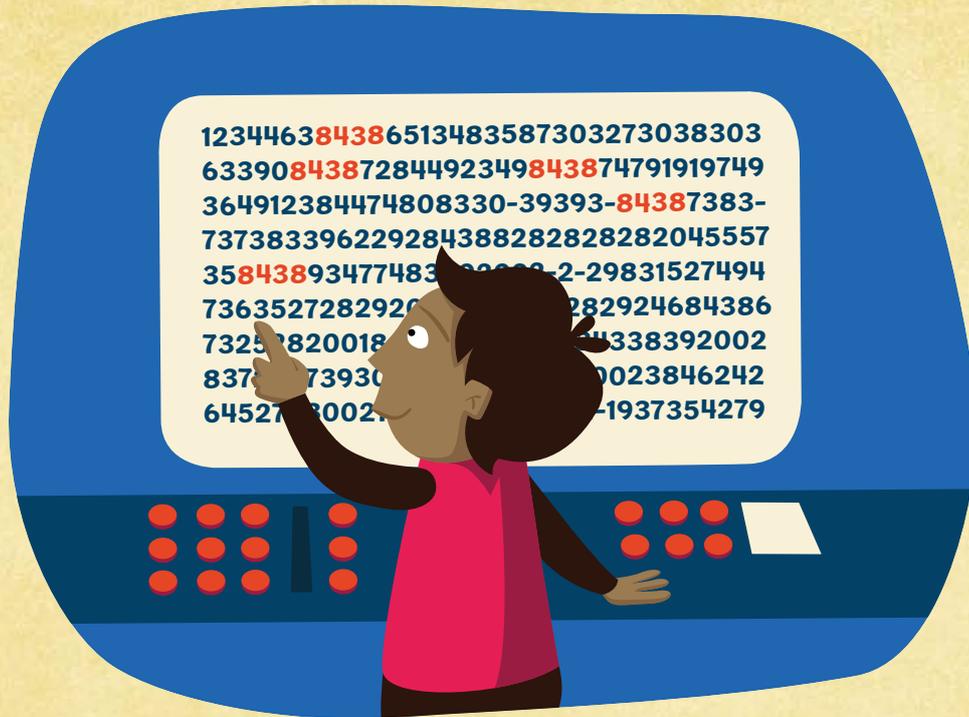
Lewis Hamilton
F1 champion

Picture thinking

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



Pattern recognition



123446384386513483587303273038303
6339084387284492349843874791919749
364912384474808330-39393-84387383-
737383396229284388282828282045557
35843893477483-2-29831527494
736352728292-282924684386
73257820018-4338392002
837-73930-0023846242
64527-002-1937354279

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.

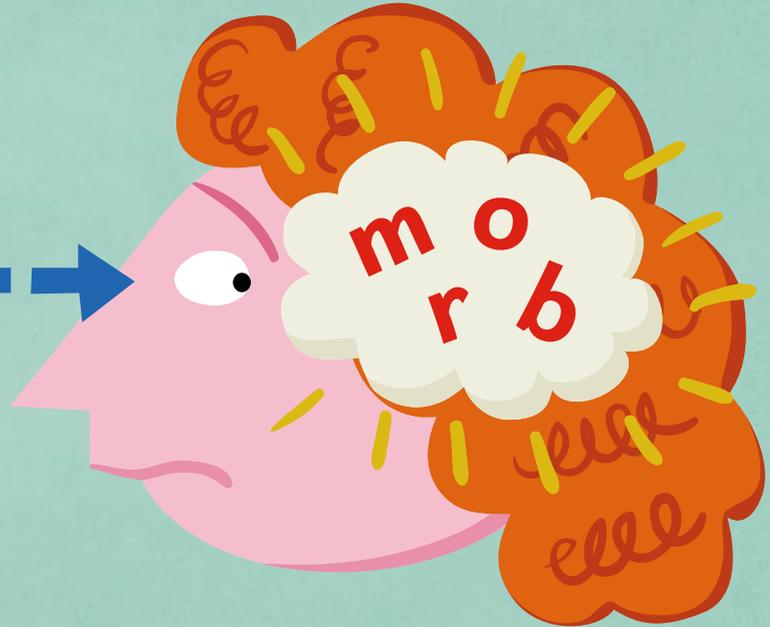
Think about what you are good at and choose a path that uses your strengths.

CHAPTER 4

**dyslexia
difficulties**

Words get jumbled in my head.

word



The word sounds right but looks wrong.

with

wiv

was

wos

they

thay



I often forget letters when I spell.

stick

white

friends

huge



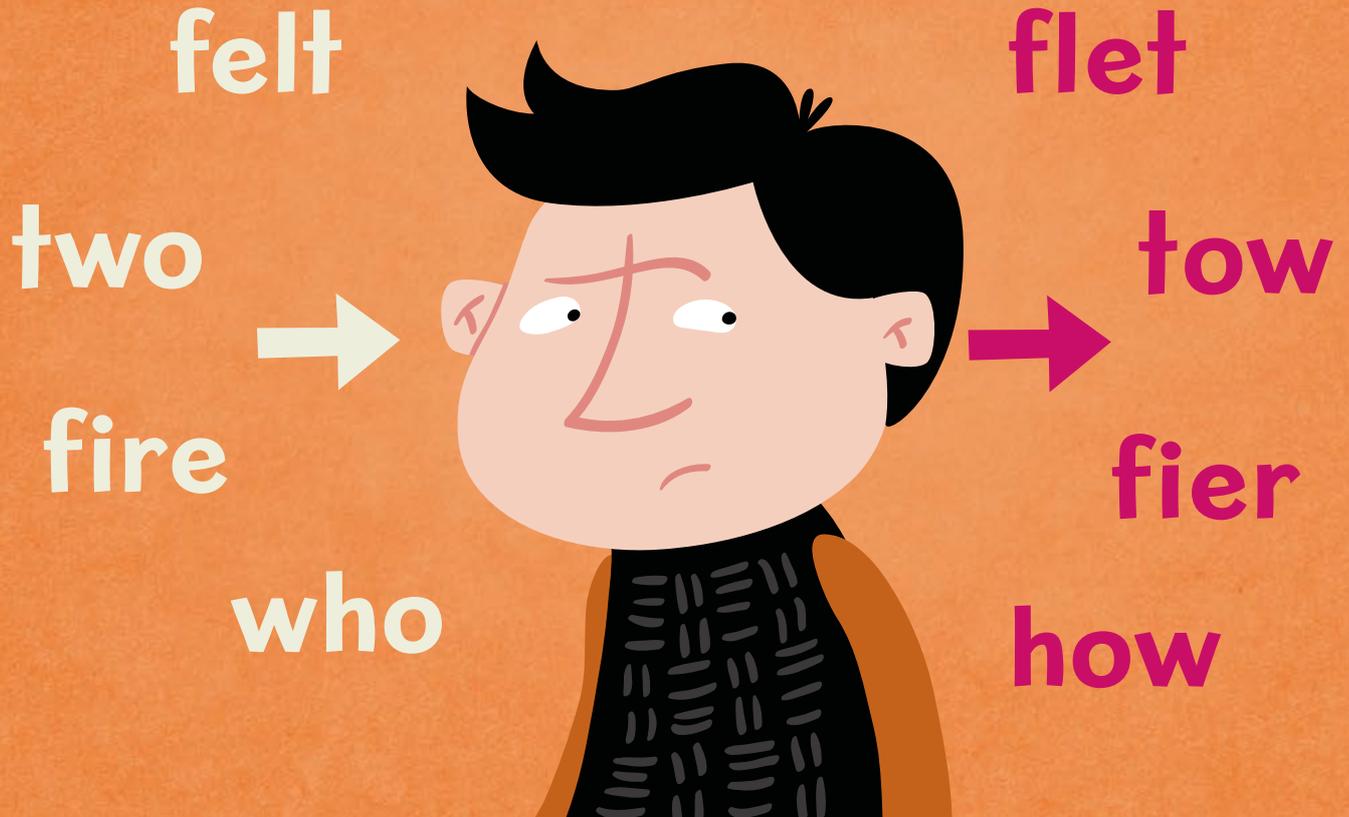
stik

wite

frends

hug

Sometimes I mix up the order of the letters.



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 u

5 2

5 2

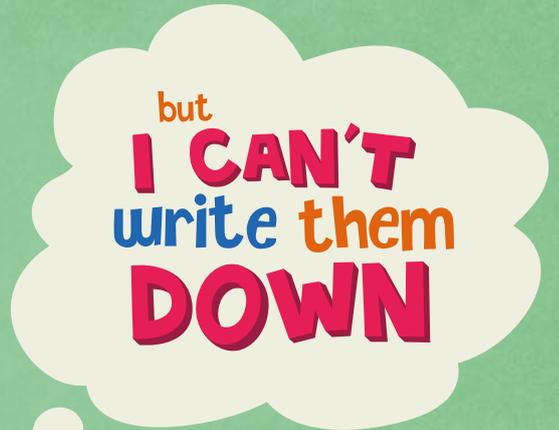
3 e



I have difficulty copying.



I am slower at writing.



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

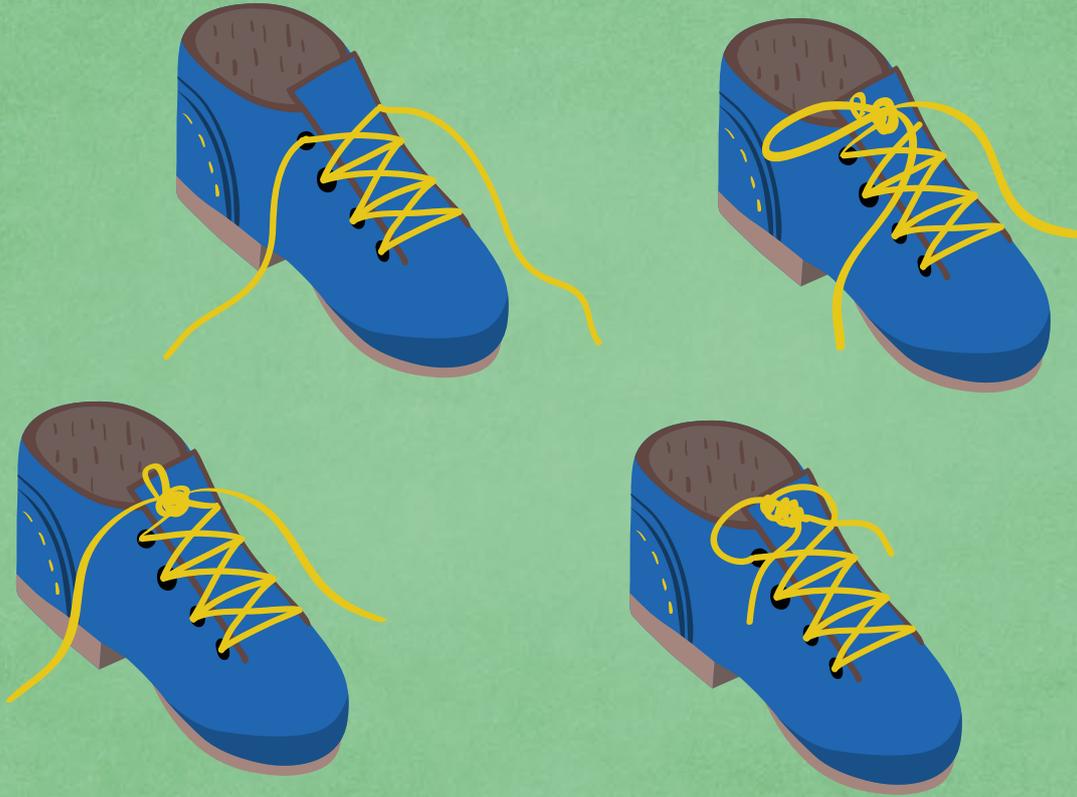
I mix up left and right.

right?

Left?



I have difficulty remembering a sequence of steps.



Like tying a knot.

People with dyslexia often lose or forget things.



GOOD DAY

today
I remember
it all



BAD DAY

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.

CHAPTER 5

helpful strategies



Rhyming words can help you spell.

DRINK

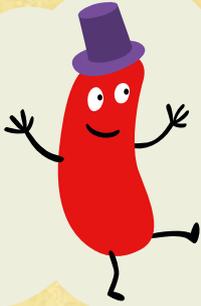
THINK

PINK

STINK



Using mnemonic memory strategies
helps to spell difficult words.



Was
A
Sausage

Mispronouncing words can also help you spell.



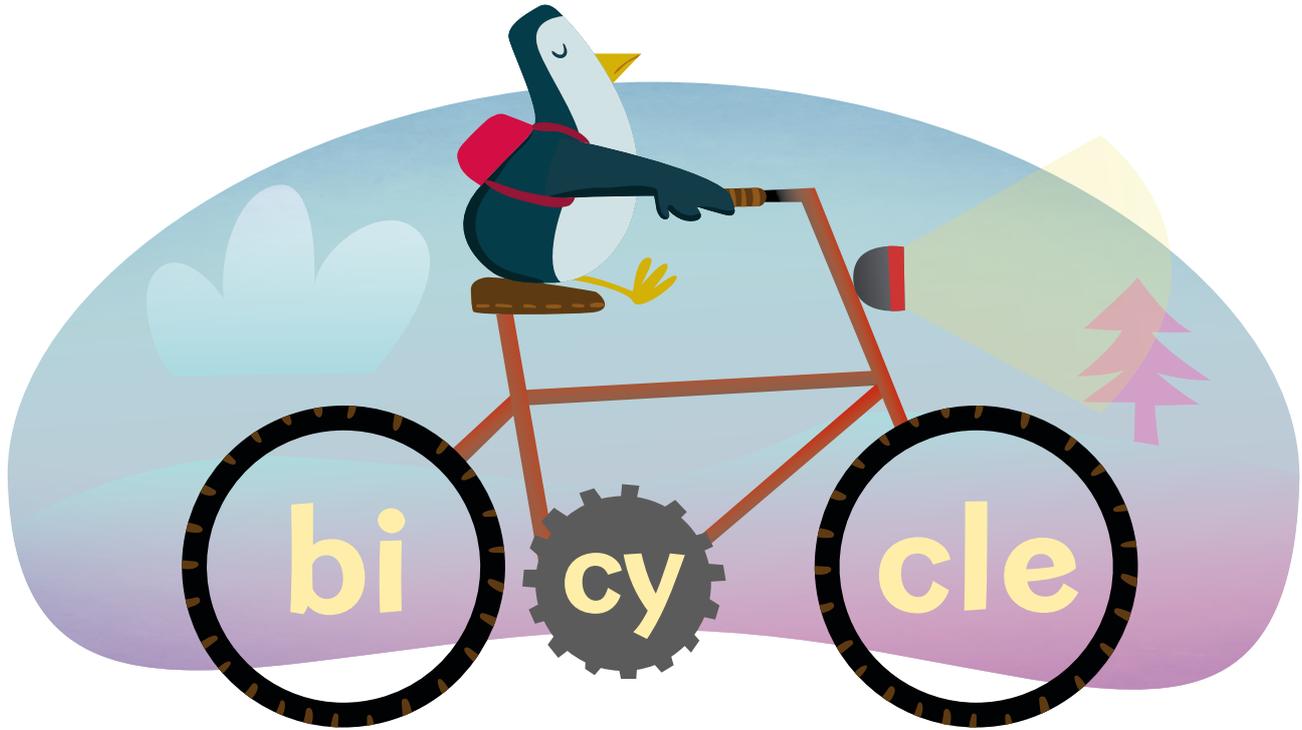
busy



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?

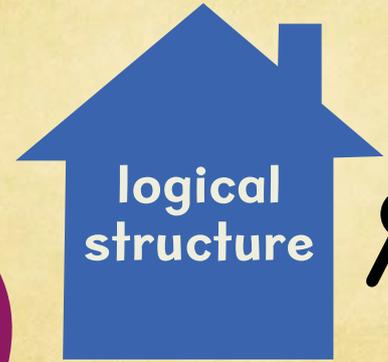
Use encouragement and praise.



How people with dyslexia Learn:

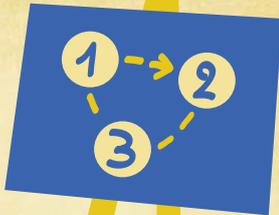


small
steps



logical
structure

**Structured
Literacy**



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

oy

ar

ear

ee

ch

au

oo

aw

er

ay

wh

Use a logical
learning structure of

SYSTEMATIC PHONICS

with explicit teaching.

SEE IT



→ word

SAY IT



use
multisensory
learning

HEAR IT



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
and 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 which is taught using direct and explicit instruction. The whole language approach is not effective for dyslexia.

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

PLAY and LEARN

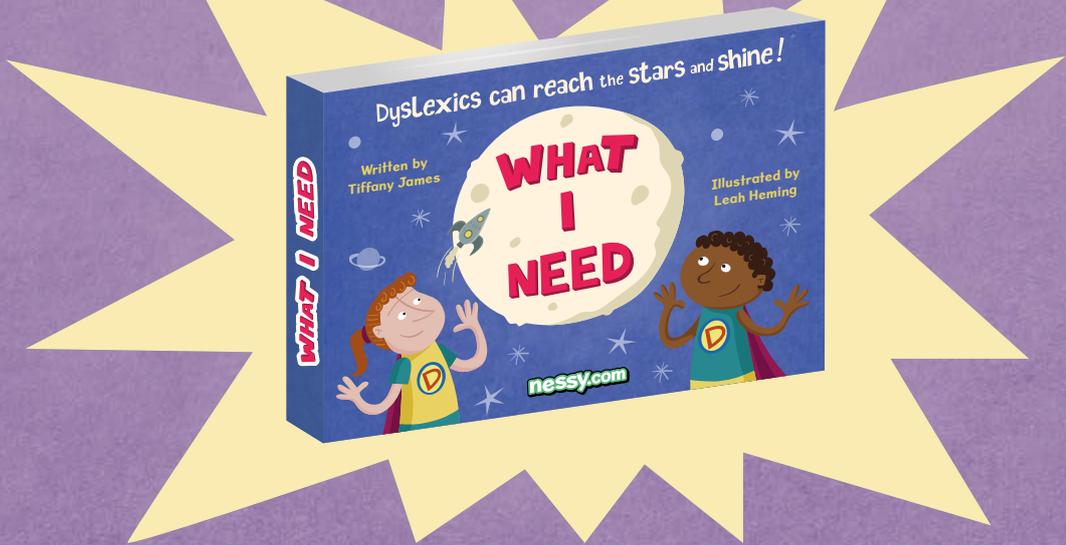
with **nessy.com** !



The award winning Nessy programs follow the Science of Reading, using Structured Literacy to help children with dyslexia.

If you like this book you will **Love**

WHAT I NEED



THANKS TO

Pat Jones
Tiffany James
Tom Plant

Written by Mike Jones and illustrated by Leah Heming

Fifth Edition printed 2021

First published in Great Britain as an e-book original in 2015 © Nessy Learning Ltd 2015.
The moral right of this author has been asserted.

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, without the prior permission in writing of the publisher, nor be otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition and including this condition being imposed on the subsequent purchaser.

ISBN: 978-1-8381110-1-4

Nessy Learning, 42 Baldwin Street, Bristol, BS1 1PN, UK

T: +44 (0)117 923 9777 / E: info@nessy.co.uk

Nessy Learning, 4519 Garfield Plaza, Suite 16B, Midland, TX 79705, USA

T: +1 432-704-1717 / E: info@nessy.com

