YOUR CHILD HAS DYSLEXIA. WHAT SHOULD YOU DO NEXT?

A reassuring, practical checklist for parents and caregivers

A dyslexia diagnosis can bring up many feelings and questions. You do not have to figure everything out at once. Use this checklist to take the next steps at a pace that works for your family.

1. Understand your child's learning profile

- ■ Read the evaluation or assessment report and note the main findings.
- ■ Write down your questions about reading, spelling, writing, and schoolwork.
- ■ Ask which skills are strengths and which need targeted support.
- ■ Remember: dyslexia does not reflect a child's intelligence, effort, or potential.

2. Connect with your child's school

- ■ Arrange a conversation with the teacher and appropriate school support staff.
- ■ Ask what reading instruction your child receives and how progress is measured.
- ■ Discuss whether additional evaluation, services, or classroom accommodations may be appropriate.
- ■ Ask how home and school can communicate about goals and progress.
- ■ Keep copies of reports, school communications, and notes from meetings.

3. Learn what effective reading support looks like

- ■ Look for explicit, systematic instruction in reading and spelling (often called structured literacy).
- ■ Ask whether instruction includes phonological awareness, sound-letter relationships, decoding, spelling, fluency, and comprehension as appropriate.
- ■ Ask how instruction will be tailored to your child and how progress will be checked.
- ■ Seek a qualified professional if you need help understanding options or choosing a tutor.

4. Support learning at home—without making every moment a lesson

- ■ Keep practice manageable and follow guidance from your child's teacher or reading specialist.
- ■ Make time for enjoyable books, audiobooks, and stories read aloud.
- ■ Praise specific effort, strategies, persistence, and progress—not just correct answers.
- ■ Use helpful tools, such as text-to-speech or speech-to-text, when they fit the task.
- ■ Protect time for play, friendships, hobbies, rest, and activities your child enjoys.

5. Build confidence and keep your child involved

- ■ Explain dyslexia in an age-appropriate, positive, honest way.
- ■ Remind your child that reading difficulty does not define who they are.
- ■ Notice and nurture interests, talents, and individual strengths.
- ■ Ask what feels hard at school and what kind of support feels helpful.
- ■ Celebrate small wins while recognizing that progress may take time.

YOUR NEXT THREE STEPS

1. _____
2. _____
3. _____

A final reminder: You are not expected to have every answer today. The most helpful next step is the one that helps your child feel understood and receive appropriate support. This checklist is for general information and is not a substitute for individualized educational or professional advice.