READING NUMBERS

Reading long numbers can be hard. You can point to each number as you read it. A long blink or looking away and then back, may help give you a fresh look at numbers. Another option, place your finger or an object (pencil or card) over the numbers. Uncover one number at a time moving the cover to the right for phone, code, address, reference numbers, etc., and to the left for math and finance numbers, etc..

MAKING MISTAKES

Everyone makes mistakes when reading, writing, or spelling. If you get a word wrong, do not let it bring you down or discourage you. Do not worry about what others may think. Move on, and improve things by remembering the correction. This will help you to not make the same mistake in the future. Mistakes happen. They do not make you less important or define who you are.

MAKING READING ENJOYABLE

Reading can be fun when reading things at your skill level. Reading more often helps you keep words in your memory because you see them over and over again. The more you read, the better you become.

WHEN CREATING A DOCUMENT

Use Verdana or Arial font, larger letter size, 12–14 pt and generous spacing, 1.5. Left side align text works well for some to guide one's eye to the next line of words. Bold font may help visually.

TAKEAWAY

You are not alone. Up to 20% of the world's population may have dyslexia. Trouble with reading or dyslexia is not a measure of intelligence. It does not limit what you can accomplish or become.

Having dyslexia or difficulty with reading doesn't block high achievement. Some people with dyslexia describe strengths in areas such as creative thinking, visual reasoning, problem solving, and seeing connections between ideas. It may help in developing different ways to figure out problems. This may be why a lot of dyslexic individuals excel in business, invent things and think creatively.

Many successful people who had reading difficulties went on to change the world: Disney, Einstein, Bell, Edison, da Vinci

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Simple Ways to Improve Reading, Writing and Spelling

With or Without Dyslexia

PATTERNS (PHONICS)

THE SILENT "E"

When a word ends with a silent "e," the vowel before it often has a long vowel sound, (the sound we use when saying the vowel in the alphabet):

cap → cape
them → theme
kit → kite
hop → hope
tub → tube

There are exceptions: have, give, love

TWO VOWELS TOGETHER

Two vowels together can make one vowel sound. First vowel can have a long vowel sound and second vowel may be silent:

ai — rain, train, wait
ee — see, green, sleep
oa — boat, coat, road
ea — team, read, clean

Some vowels together don't always make the same sound:

ea — team, bread, great
oo — moon, book, blood

READING AIDS

TO HELP WITH LONGER WORDS, BREAK THEM APART INTO SYLLABLES

re-mem-ber, com-fort-able,
fa-mil-iar-i-ty, vi-su-al-ly, ma-te-ri-al

REDUCE VISUAL CLUTTER

Use a finger, pencil, or piece of paper to guide and underline the sentence you're reading and to block out the lines below.

READ OUT LOUD OR WHISPER AND FOLLOW ALONG WITH YOUR FINGER

Hearing words while following text with a finger can help you remember words, break words apart and stay on track.

KNOWING WORDS THAT APPEAR OFTEN

Remembering words that show up often will improve reading speed and flow:
the, was, said, could, through, etc.

SPELLING AND WRITING AIDS

RHYMING HELPS WITH SPELLING

Use words you know how to spell that rhyme with a word you're trying to spell:
fantastic, elastic, plastic
game, fame, name
biology, geology, zoology

BREAK WORDS APART TO HELP SPELL

tech-nol-o-gy, im-por-tant, en-joy-able,
punc-tu-a-tion, con-junc-tion

WHEN WRITING, CHECK WORD ENDINGS (SUFFIXES)

Keep an eye on word endings because they can sometimes be left off in error:
-ing, -ed, -er, -s, -es, -est

CHECK FOR TYPING MISTAKES

Letters "d" and "b," words "it" and "if," "as" and "is," can be easily mixed up.

PROOFREAD AND CHECK SPELLING

Some people find it helpful to step away from their writing for a short time and then come back to it.

If you are short on time, try changing how the words look on the page. On a computer, you can make the margins wider or narrower. Moving the words can give your eyes a fresh look and help you spot mistakes.

USE TECHNOLOGY

Use spell check, grammar check, AI, or a mobile phone to help with spelling and using words in the right way.

READING OUT LOUD IN A GROUP

READ AT A PROPER STEADY PACE

Do not feel pressure to rush when reading out loud. You are in charge. Read at a speed that feels comfortable and right for you.

BREATHING CORRECTLY

Remember to pause and breathe naturally at punctuation marks (.?;!:,) and at some conjunctions (and, but, or, so, etc.). Breathing at the right time helps with flow and tempo.

BECOME FAMILIAR WITH THE MATERIAL

If you have the reading material ahead of time, read it over. Try to become comfortable with what you may be asked to read. If no prior access, and people are reading in order, try to figure out which part you may be asked to read. An option is to prepare by silently reading through your part before it is your turn to read it aloud. If you are short on time, scan the part for any hard words to say. If suddenly called on, scan or quickly read the sentence to yourself before reading it out loud. Do this for each sentence as you move from sentence to sentence.

If you come to a hard word, try breaking the word into smaller parts. If you still cannot read it, softly say it the best you can and keep going. Do not stop or slow down on the word. The important thing is to stay calm and keep reading. Afterward, go back to any difficult words and become familiar with them.