



## ■ Understanding Dyslexia

*Read With Kourtni – Unlocking Potential, One Sound at a Time*

### What is Dyslexia?

Dyslexia is a learning difference that primarily affects reading and language processing. It makes it harder for individuals to connect letters and sounds, recognize words, and read fluently. It is not related to intelligence or motivation, and with the right support, children and adults with dyslexia can thrive.

### Key Facts About Dyslexia

- It is real – studied by researchers for more than 100 years.
- It is common – affects 5–17% of the population.
- It is lifelong – but with support, individuals can learn to read and succeed.
- It often runs in families.

### What Dyslexia Is NOT

- A problem with intelligence
- Laziness or lack of effort
- A vision problem
- Just about reading letters backwards

### Common Challenges

- Trouble sounding out words
- Difficulty spelling
- Slow or inaccurate reading

- Struggles with reading comprehension
- Difficulty remembering sequences (like directions or phone numbers)

## How Parents Can Help

- Provide structured literacy instruction (step-by-step and explicit).
  - Encourage audiobooks, text-to-speech, and reading technology.
  - Celebrate effort and small wins to build confidence.
  - Communicate regularly with teachers about accommodations and progress.
  - Focus on your child's strengths – creativity, problem solving, and resilience.
- Dyslexia does not define your child – with the right tools and support, they can thrive in school and beyond.

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