

# Dyslexia *At a Glance*



## What is dyslexia?

Dyslexia is a difficulty with the way the brain processes sounds, written and spoken language. It mostly affects reading and may be referred to as a "reading disorder." Dyslexia can also affect writing, spelling and speaking. In addition, dyslexia can impact social skills, listening comprehension, time management, memory and navigation, or sense of direction. Dyslexia is *not* a vision problem. Dyslexia is not a result of laziness or lack of intelligence. It is estimated to impact 5–10% of children.

## How is dyslexia diagnosed?

Diagnosis is based on a comprehensive educational evaluation that includes academic achievement, phonological processing, and cognitive testing.

## Who diagnoses dyslexia?

Dyslexia is diagnosed by licensed educational psychologists, school psychologists, neuropsychologists, or specially trained evaluators.

**Targeted supports can ensure equal learning access.**



## What specialties treat dyslexia?

The specialties that treat dyslexia can be educational specialists, reading interventionists, speech-language pathologists, and psychologists.

## Diet & Supplements

No diet treats dyslexia, but balanced nutrition supports overall health.

## Onset & Causes

Signs may appear in preschool including speech delay, difficulty rhyming or learning letters. Formal evaluation occurs in elementary grades. Genetic and biologic factors are associated with dyslexia.



## Treatment

Educational interventions can include direct instruction (multi-sensory), remediation (individual, small group) and accommodation (extra time for reading and writing, audiobooks, text to speech apps, shortened assignments) and parent support and training.

## Questions to ask your doctor:

- What type of reading intervention is recommended?
- How often should my child receive services?
- How can I support reading at home?

Scan QR codes to explore resources.

HealthyChildren.org



LD OnLine - All about Learning Disabilities and ADHD



Child Mind Institute

