

## The Authors

### CHRISTEN BRUCE

Chrissy is an American speech-language pathologist and specialist in dyslexia who lives and practices in Barcelona, Spain. She has been lucky enough to accompany hundreds of children on their road to overcoming dyslexia. She is inspired by everyone of them and works to advocate, support and make the world a better place for all children who learn differently.



### ISAAC CASAS

Isaac is a clinical psychologist and a life coach, specializing in the diagnosis and treatment of children, adolescents and adults with Attention Deficit Hyperactivity Disorder (ADHD), anxiety, mood and behavioral problems. He's committed to help people develop self-awareness and a coping mindset so they can live a meaningful, happy life.



## The Illustrator

### MARINA VINARDELL

Marina has been creating books and educational projects for more than fifteen years. She loves to draw, tell stories and communicate ideas, especially when they contribute to the fulfillment of human potential.

## What you will find in this book...

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### A STARTING POINT

This book is specifically designed for parents and professionals to use with children to explore and normalize dyslexia. It explains dyslexia using a metaphor so kids can understand it better and talk it through, while addressing related psychological concepts and strategies that will help them build resilience to emotionally “take on” dyslexia.

2

### A PARENT GUIDE

This book is a tool that parents can use to educate themselves about dyslexia, find out expert advice on how to support their child (or loved one) who has it, and open up conversations about dyslexia in a safe and empowering way.

3

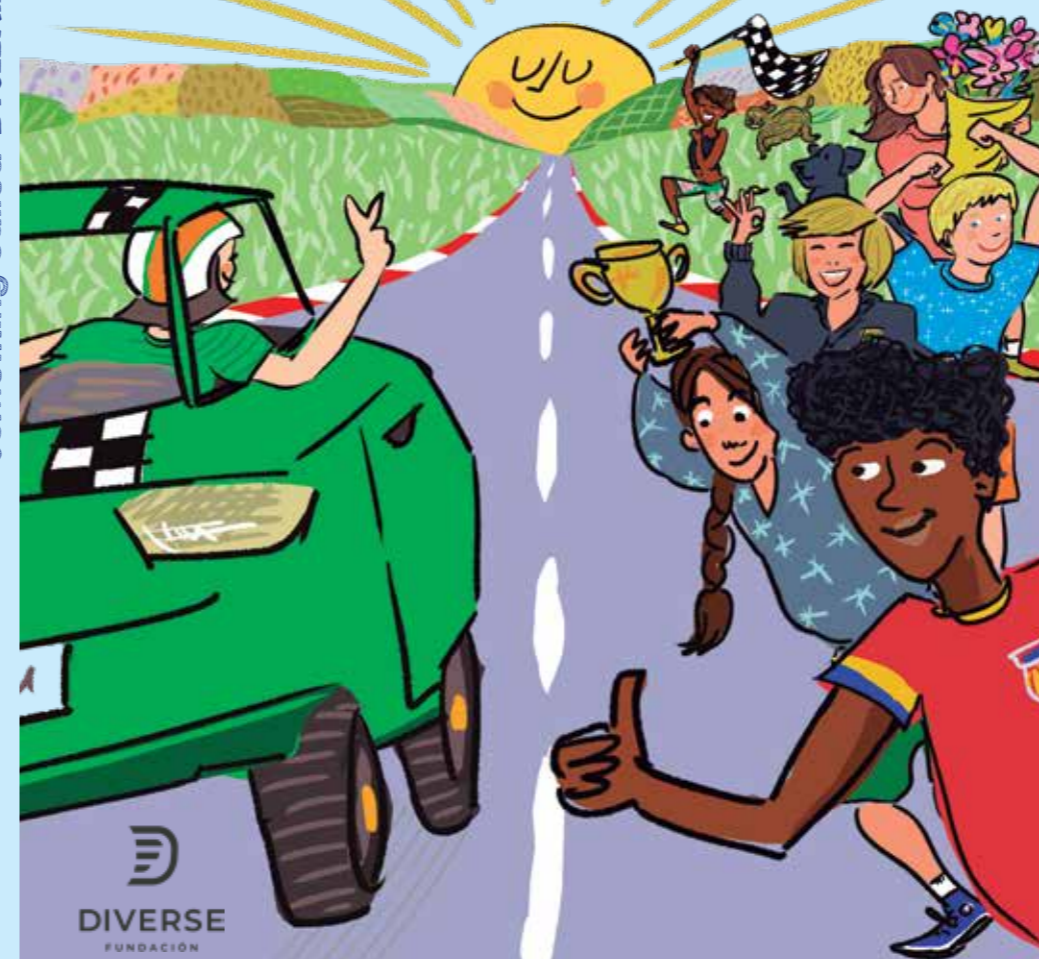
### A LINK TO OTHER RESOURCES

By using the scanning code inside, you can link to a website with resources and plenty of useful information about dyslexia.



# Something called DYSLEXIA

Something called  
DYSLEXIA



This book is dedicated to

## Diverse Foundation

Fundación Privada Diverse is a non-profit organization headquartered in Barcelona, Spain.

Our challenge is to transmit to the most disadvantaged population a series of opportunities to promote values and self-confidence, safeguarding their basic needs and allowing them to develop all their strengths and abilities with total normality. Social cohesion, diversity, pluralism, and inclusion are fundamental to achieve our goals.

This book falls under an initiative in education to better serve children with learning differences and difficulties.



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Email: [info@fpdiverse.org](mailto:info@fpdiverse.org)

Web page: [www.fpdiverse.org](http://www.fpdiverse.org)

## A starting point

This book has been written to be used both as a **source of information** for kids with dyslexia and as a **tool** so they can openly talk to adults about it. It has **two main goals**:

**1. To help kids better understand dyslexia and to “normalize” it for them.** We focus on dyslexia’s functional brain differences as a characteristic people are born with, independent from intelligence, that impairs the ability to read. We encourage children and adults to think and talk about dyslexia as an attribute that needs to be recognized and addressed, not as a defect or flaw to feel sorry or guilty about.

We present this information by using a **metaphor** that makes sense both symbolically and neurologically: **Roads**. Since the difference between “typical readers” and people with dyslexia involves the connections and communication between brain parts, we emphasize that kids can strengthen these connections or roads with the right reading program and consistent practice. The effect of dyslexia, therefore, can be minimized or overcome (see the panel “What is dyslexia?” for details).

**2. To introduce the psychological and emotional world that often surrounds dyslexia,** helping kids foresee possible obstacles and offering them some coping strategies so they can be more resilient while learning to read: growth mindset, emotional regulation, empowerment, perseverance and normalization.

A person with dyslexia has a **different road** and a **different journey** as compared to a typical reader. We sincerely hope this book will help kids, their parents, and professionals have a positive and sincere conversation about it in a way that will empower children with dyslexia to move along their road with courage, confidence and the power of knowledge.

## Parent guide

If you have acquired this book, we are guessing it is because **someone special in your life has dyslexia**. In order to help this person navigate the dyslexia path and reach his or her truest and fullest potential, it is important that you follow **5 IMPORTANT STEPS**.

### EDUCATE YOURSELF

Develop a really good understanding about what dyslexia is and what dyslexia is not. If you truly understand dyslexia, you will be better able to advocate for this special someone.

- You can start with this definition from the National Institute of Health: “Dyslexia is a brain-based type of learning disability that specifically impairs a person’s ability to read. These individuals typically read at levels significantly lower than expected despite having normal intelligence.”
- Therefore, dyslexia is a specific learning disability that appears to be based upon the brain and its functioning. It appears that dyslexia runs in families.
- To go much deeper than that (and you will need to if you really want to help this special someone) go to our website **www.fpdiverse.org**, you can find helpful links to current, evidence based information about dyslexia. You can use the QR code in this book to get there.

### ACT AS SOON AS POSSIBLE

This sounds like an easy step, but it is not. Teachers, spouses and others in your family may not understand the benefits of early intervention and they may not support you in this step. They may tell you that you are overacting, or even causing the problem, but rest assured, you are right to find help for your child if he or she is struggling.

- Early intervention will not harm your child, so don’t wait to find them help.
- Research is overwhelmingly clear: A child who is not reading on level by 3rd grade is most likely to never catch up without specialized support.

### FIND THE RIGHT SPECIALIST FOR YOUR CHILD

Unfortunately, the odds are slim that your child’s school has a teacher qualified to teach children with dyslexia. Even highly trained mainstream reading teachers are often not taught how to effectively teach a child with dyslexia to read.

This fact is unfair and maddening, but YOU will have to find a professional or center specializing in dyslexia. But how?

Seek guidance from the International Dyslexia Association or a local chapter in your country. We have links on our website to help guide you.

### BE CAUTIOUS OF FALSE CLAIMS OF “CURES” FOR DYSLEXIA

They are abundant and expensive, and appeal to parents as they offer a “quick fix.” Some of these include colored lenses or overlays, eye or inner ear training and body gym programs. Being taught to read in a different way (and actually working with letters and words) is the **ONLY** proven way to overcome dyslexia that we know of at the time this book was published.

### COORDINATE WITH YOUR CHILD’S SCHOOL

They might not understand dyslexia, but your child’s reading specialist or YOU must advocate for them in the school system.

Check out our website for advocacy support and ideas.



## A link to other resources



### SCAN ME

to go to a website filled with resources and plenty of useful information.

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