

Read to child

Take interest

Praise

Give help and encouragement and read to a dyslexic child, even a teenager.

Take an interest in your child's school notes and homework; go through them together.

Praise any achievements or improvements in performance, even something like dialling telephone number correctly.

Other senses

Support of others

Ways to help

Try and get tapes, CDs, television or radio of books for English literature lessons, to watch or listen.

Develop good relationship with teachers to make sure they are aware of special needs.

If child struggles with left or right, i.e. put a bell on left hand and remind to ride on bell side of the road.

Don't scold

Don't lose patience

Don't show
favouritism

... for example, if your child has difficulty tying shoe laces, encouragement is the key.

...for example, if your child has difficulty with the calendar, help them work out weeks and days.

...towards brothers and sisters without dyslexia.

Nutrition

Increase Omega 3
EPA Fat intake

Supplements

Children with dyslexia are often deficient in essential fats or the nutrients needed to properly utilise them. Outward symptoms are: rough dry patches on skin, cracked lips, dull dry hair, soft brittle nails and excessive thirst.

B vitamins, zinc, magnesium and vitamin C for omega 3 oil function. Multivitamin and mineral supplement. Probiotics and prebiotics.

Specific Foods to
avoid

Fried foods, chips and crisps, barbequed foods;
All sugary foods, including soft drinks;
All junk/fast snack and processed foods
All food additives, colours and preservatives;
Refined carbohydrate-meals (bread, rice, pasta,);
Drinks that contain caffeine.

Specific Foods to
increase

Natural wholesome foods, preferably home-cooked
and organic;
Small frequent meals to help maintain stable blood
sugar levels;
Eat protein with each meal and snack;
5-10 portions of fruit and vegetables every day;
Use chopped nuts (not peanuts) and fruit on
desserts and natural yoghurt instead of sauces.

More foods to
increase

Moderate carbohydrate meals; always use
wholegrain (brown rice, wholemeal bread, oats, etc).
If wheat/dairy seem to be a problem, reduce
intake, replace with alternatives.
Drink plenty of pure water and dilute fruit juices.

General

Consider a food
intolerance test
(Wheat and dairy
may be a problem)

Balance blood sugar levels.

Supply significant amounts of vitamins, mineral and
essential fats via a mixed and varied diet.
Avoid any intolerant foods/chemical - have an
intolerance test or hair mineral analysis.



The Clover House Solution

302F – Rosemary, Aged 7

Dyslexia – Anxiety – Confidence - Numbers



The Problem

Mum, a teacher was worried about Rosemary's lack of confidence, concentration, handwriting and numeracy difficulties. Her Educational Psychologist sent a letter confirming these weaknesses.

Our Solution

Creative Imagery: Mum said numbers caused Rosemary to panic, so our therapist used images to detach her negative emotions from them. A 'mirror' technique was used to help her with her writing. Finally, Rosemary learnt to use two strong positive images (a circle of three confident girls and a mountain lioness) to increase her confidence.

Aromatherapy: Mum was taught how to massage Rosemary and was given a wild flower remedy to help her relax. Mum was encouraged to do a massage every day before bedtime to help build Rosemary's confidence and sense of security.

Nutrition: Rosemary told our nutritionist that she worried a lot, so the therapist told her that some foods can stop you worrying. She was told to cut down on salty snacks, to drink more water and to eat more nuts. Fish oil was prescribed as it contained essential oils that would reduce her anxiety. Mum had a good understanding of nutrition already, so was receptive to our advice.

The Results

In her final evaluation, Mum said that Rosemary had improved in all of the areas that she wanted to work on. She had a lot more confidence in herself, her ability to use numbers and language and she was a lot less anxious. **“Coming to Clover House gave us dedicated time to consider her worries and strategies for future use. Rosemary thoroughly enjoyed the sessions, feeling pampered and cared for at each visit”.**

The Clover House Solution – Natural Healing for Children

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