

RESOURCE GUIDE

For children who need extra support in reading, writing, spelling, and mathematics.
Designed for children who have dyslexia, dysgraphia, and scotopic sensitivity.



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lifeandliteracy.co

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Introduction

Welcome!

My name is Heather Steinbeck, and my goal for this guide is to simplify things for you as a parent or educator if your child needs additional support.

I have been in the field of education and working with students with these conditions for over a decade. When putting these resources together, I made sure to give a variety of options. Please remember that not every app or program recommended in this guide will work for everyone the same way. Maybe your child struggles in only one area of their academics, or perhaps you just discovered your child has dyslexia, dysgraphia, or Irlen Syndrome. Or you've been on this journey for some time and want to find new resources to help your child. No matter where you are on this journey, this guide is for you!

This guide is divided into sections based on the subject. Before each section is a brief overview of how it pertains to dyslexia or dysgraphia; after that, it covers what warning signs to look for. The last section focuses on scotopic sensitivity, also known as Irlen Syndrome.

Dyslexia and Irlen Syndrome are on a continuum, meaning some may be mild or moderate while others will be severe or profound. Please give it time and evaluate your child to see what works for them. These apps, programs, and tools have been beneficial for my students who have these conditions and others who have a child with dyslexia and other co-existing issues. It can also help assist those who are struggling in these areas of reading and writing and may not know why.

If you would like more information on these conditions, please email me at heather@lifeandliteracy.co.

Important Info:

Before using this guide, please know that if your child has dyslexia, they should **only** use an **approved** Orton-Gillingham intervention-based program. Research has shown that using a multi-sensory, systematic, and explicit phonics program is the **only** approach for teaching someone with dyslexia. If you want a list of those approved programs, please email me at heather@lifeandliteracy.co.

If you suspect your child has Irlen Syndrome, please pursue a screening to receive the correct colored overlay. Please do not use any overlay, as it may make symptoms worse.

“Neurodivergence refers to the recognition that our brains are unique and we learn, socialize, and pay attention in different ways. It is all based on the way we are wired.”

–Chinwé Williams

Please note that I do not receive any commission from sharing these resources, nor have any of these programs asked me to share their product for their benefit. It is solely based on what I use or what benefits others.

Reading

Dyslexia is a language processing disorder that can impact someone's reading ability. When it comes to dyslexia and reading, knowing and understanding some of the most common warning signs is essential. Most of the time, people assume that if a child can read, they can't have dyslexia. Unfortunately, this is not always the case. Yes, some people will have extreme difficulty reading and will have a challenging time reading unknown words. They may even be slower readers or have to read a passage a few times to comprehend it. However, some will develop coping skills that help get them by until they hit a wall. Usually, this is around third or fourth grade. It is crucial to not wait until then but to screen and start an intervention early. You can look for warning signs of dyslexia and similar reading patterns before this happens. You can start looking for these signs and screening for dyslexia halfway through Kindergarten. Below is a list of some of the warning signs for reading.



What to look for in reading:

- Slow or choppy reading (lacks fluency)
- Guessing at words based on shape and/or first few letters of the word
- Unable to decode real or nonsense words (sounding out)
- Listening comprehension is greater than reading comprehension
- Difficulty with reading sight words
- Skips or misreads smaller words (at, to, or of)
- Inserts or omits suffixes (-ing and -er)
- Homonyms confusion (bear, bare)
- Difficulty learning letter names and sounds
- Difficulty creating words that rhyme

**If your child has these symptoms and reading discomfort, please screen them for Irlen Syndrome first. **



RESOURCES FOR READING

LEARNING ALLY

Learning Ally is a wonderful way for a child to read textbooks or stories for school or enjoyment. Learning Ally has thousands of audiobooks to choose from and allows children to see the print as they follow along. You can select a color to highlight each word and speed up or slow down the audio. You can access it from your computer or tablet. There are thousands of books to choose from, and most school textbooks are available. To access these books, your child must meet the qualifications and need a referral. Please email heather@lifeandliteracy.co if you would like a referral.

Learning Ally has an annual fee.

www.learningally.org

AUDIBLE

Audible is another excellent audiobook source. I would recommend this one for older children and adults. Audible is an app that you can download on any device. Thousands of titles are available to download. A monthly subscription is required.

www.audible.com

SPEECHIFY

Speechify is an app that is designed for struggling readers. Snap a picture of the text you wish to read from your device, and Speechify will do the rest. Then, you can choose a preferred voice and speed, and the text is read out loud.

Download Speechify for FREE in the app store.

A person is seen from behind, holding a large, unfolded map. The map is light blue and white with various lines and text. The person is wearing a dark jacket. The background is a blurred outdoor setting with trees and a path.

RESOURCES FOR READING

HELPERBIRD

Someone with dyslexia created Helperbird. He understood many people's struggles when searching the web and developed over 30+ tools to help you access your web browser. It was built to increase productivity and help someone access information to meet their needs. Some valuable features for Helperbird include text-to-speech, voice typing, increased font size, the ability to highlight text, and colored overlays. Helperbird is a plug-in downloaded for your computer browser and has an annual fee starting at \$40 for the regular version.

You can access more information at helperbird.com.

LIBRIVOX

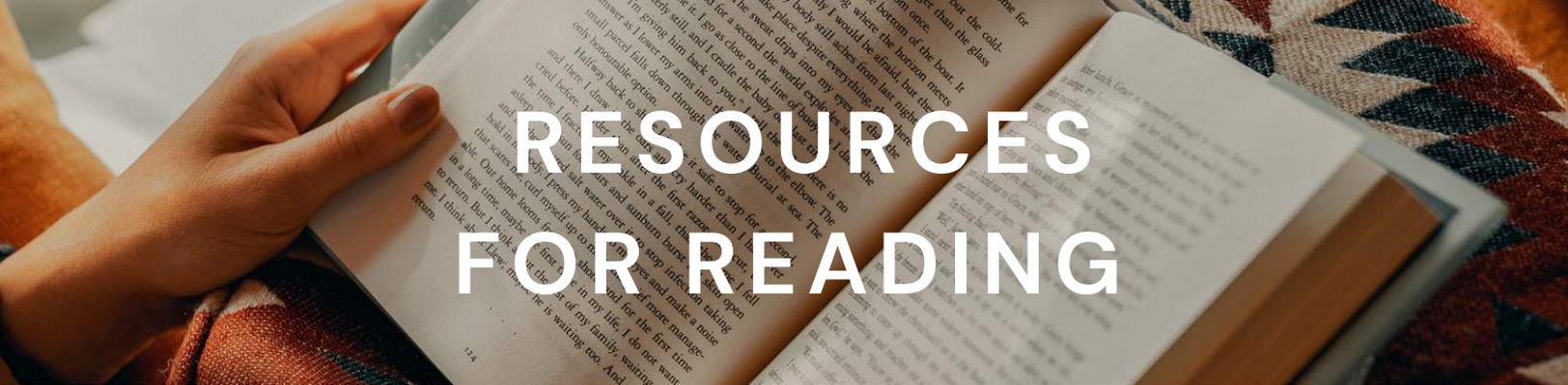
Librivox is another excellent library for audiobooks. They have volunteers read the text, which keeps the reader engaged in the book. Librivox is a FREE resource and is excellent for children and adults. This platform uses many books that have been around for a while.

Visit librivox.org for more information.

USTYME

Ustyme is a Chrome app that is pronounced 'Us Time.' This resource is great for families with parents who travel or have relatives out of town. It allows them to have a story read to them or read a story together digitally using video calling as well. This is not just a reading app but has educational games as well. You can interact with each other and even take turns reading pages and interacting through games. Ustyme allows children to be read out loud by someone they love, even when they can't see them in person.

You can download Ustyme from the app store.



RESOURCES FOR READING

VOICE DREAM READER

Voice Dream Reader can be used on many devices. It does not require the internet to be used once it's downloaded. You can upload articles, PDFs, scan with the camera, ebooks, and more. Use our browser extensions for adding directly from a web page. Audiobooks, whatever you read. Listen to it. You can choose from a variety of voices and allow the text to be highlighted as it's read aloud.

Visit www.voicedream.com or visit the app store.

BOOKSHARE

Bookshare is another great resource for accessing audiobooks online. You can choose from thousands of books they have available. I like that you can change the font size, background color, and even the font. This is great for those who are sensitive to light.

You can sign up at bookshare.org.

SETTINGS ON DEVICES

On top of these apps and subscriptions, using your device is always available. Of course, each device is different, so research ways to change specific settings on your device.

Spelling & Written Expression

On top of difficulty with reading, spelling is a huge indicator when it comes to dyslexia. Spelling is extremely difficult for dyslexics. In our American language, we use confusing rules and patterns that make it difficult to remember both regular and irregular words (when not using the right approach). Even then, other resources will need to be used to help with spelling. Written expression is difficult for someone with dyslexia and dysgraphia, too. Someone will have some elaborate ideas and can verbally tell you, but when it comes to putting them down on paper, it is very difficult. Writing becomes simplistic because they are more concerned about spelling the words correctly than the content. It is crucial to look for these warning signs when it comes to spelling and written expression.



What to look for in spelling and written expression:

- Difficulty spelling sight words (irregular words like friend & people)
- Terrible spelling
- Spells words without vowels
- Inserts or omits consonants when spelling
- Avoids spelling bigger words
- Simplistic language with writing
- Difficulty spelling homonyms (through and threw)
- Written expression is much lower than oral expression
- Ignores capitalizations and punctuation marks
- Difficulty getting thoughts down on paper



RESOURCES FOR SPELLING & WRITTEN EXPRESSION

ELECTRONIC SPELL CHECKER

An electronic spell checker is an excellent approach to help children with spelling when rules are not consistent. In some intervention programs, students are taught how to use the spell checker appropriately to find the word they want successfully. Please remember that not all spell checkers work the same to detect the word a student is searching for. It is essential to use one after a tutor has taught the child how to use it correctly.

For more information on how to purchase or use a spell checker, please email live.love.read@gmail.com.

EASY SPELLING

Easy Spelling is another app designed for someone who struggles with spelling. It is as simple as it sounds; simply press the 'talk' button and speak your word or phrase into your device. Not only will the app spell it out for you on the screen, but it will repeat the word or phrase so you can make sure you have exactly what you're looking for. You can change the font, background color, and font size.

Download Easy Spelling for FREE in the app store.

SNAPTYPE

Snaptype is an app used to bring ease to students who struggle with handwriting and spelling. Take a picture from your device of the worksheet or book you need to write in. After it is scanned, you can type your answers or draw anywhere on the page. Each file can be printed, shared, or saved in a folder.

Download Snaptype for FREE in the app store.



RESOURCES FOR SPELLING & WRITTEN EXPRESSION

DRAGON SPEECH RECOGNITION SOFTWARE

The software Dragon Speech Recognition has been around for years and is used by hundreds of students and professionals. This program is used to help someone get their thoughts down on paper without writing them by hand. You can purchase the program for your computer along with a headset and microphone.

Dragon software is available for purchase with a monthly subscription. Try out their 1-week trial. Or you can find it in the app store.

<https://www.nuance.com/>

VOICE DREAM WRITER

Voice Dream Writer is a tool that assists the struggling writer or speller. This tool has several features. Including text to speech, ways to tailor your proofreading, feedback as you type, a word finder, and more.

www.voicedream.com/writer

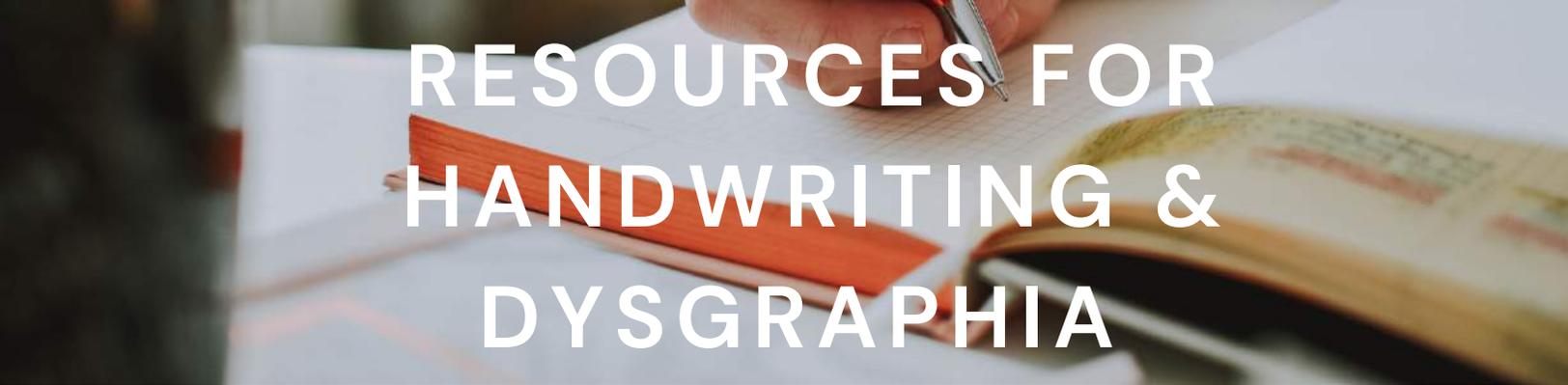
Handwriting & Dysgraphia

Dysgraphia is a word sometimes associated with dyslexia. Dysgraphia means difficulty with writing. It is important to note that not everyone with dyslexia will have dysgraphia, and not everyone with dysgraphia will have dyslexia. However, it is just as necessary to support and provide accommodations if needed. Identifying dysgraphia early on is crucial, just like it is for dyslexia. The earlier you can give a handwriting program designed for dysgraphia will make a difference, as well as occupational therapy (if needed). Occupational therapy will help with fine motor skills, appropriate pencil grip, and pressure. A handwriting program will help with letter reversals and letter height and formation. As written expression develops, you will see the difficulty with spacing, capitalizing, and punctuation. You will find that it is not easy to think of and write ideas down; for younger children using an appropriate handwriting program is crucial. One way to support a child who is older and has already developed handwriting skills is to start a typing program. This will help bypass many of the difficulties with dysgraphia.



What to look for with dysgraphia:

- Inconsistent spacing between words in a sentence
- Difficulty getting thoughts down on paper
- Inconsistent spacing between letters in words
- Ignoring punctuations
- Letter height is inconsistent
- Odd letter formation
- Tails do not consistently descend
- Extreme pressure when writing and odd pencil grip
- Difficulty learning cursive
- Uses a mixture of print and cursive



RESOURCES FOR HANDWRITING & DYSGRAPHIA

LEARNING WITHOUT TEARS

Learning Without Tears, formally called Handwriting Without Tears, is a program for PreK–5th grade students. This program has been around for several years and has helped thousands of students develop and strengthen their handwriting skills. In addition, it has benefited children who struggle with the physical task of writing and letter formation. The main focus that is used in this program is making it multi-sensory. You can start as young as preschool and work your way through print, then transition into cursive. Several supplies are available on their website, and a teacher manual to guide your child through each letter formation and procedure.

You can find out more at www.lwtears.com.

KEYBOARDING WITHOUT TEARS

Keyboarding Without Tears is a program that students can use while they are currently doing a handwriting program. Ideally, they would be using LWT as they are using this keyboarding program since they go use the same verbiage. A student can use this program for the first time without using LWT. Many individuals and schools have shown great success with this keyboarding program. Keyboarding Without Tears uses fun ways to reinforce this skill and track progress.

You can find more information and see a sample lesson at www.lwtears.com.

TYPE TO LEARN

Type to Learn is a typing program that has been around for many years. Several schools use this program for their students. It is available not just for schools but for parents and homeschool families.

To find out more, visit www.typetolearn.app.



RESOURCES FOR HANDWRITING & DYSGRAPHIA

HAIKU DECK

Haiku Deck is an easy and simple resource created for students and educators to present information in a presentation form. You can choose from thousands of images and styles to set up your presentation. It is easy to get set up and help a student express information in a way they sometimes can't in writing. Haiku Deck can be synced up with Google Classroom. There is a free trial, or an annual fee may be purchased individually or for the classroom.

You can find more information at haikudeck.com.

DRAGON SPEECH RECOGNITION SOFTWARE

The software Dragon has been around for years and is used by hundreds of professionals as well as students. This program is used to help someone get their thoughts down on paper without writing it by hand. You can purchase the program for your computer as well as headsets and microphones.

Dragon software is available for purchase with a monthly subscription. Try out their 1-week trial or you can find it in the app store.

<https://www.nuance.com/>



RESOURCES FOR HANDWRITING & DYSGRAPHIA

NOTABILITY

Notability is an app that allows you to record and replay audio that is synced to your notes. It allows you to make notes or mark PDFs, textbooks, lecture slides, and forms. You can use it to sketch and scan documents, or you can download a template already created. Not only does Notability help in editing and getting words down on paper, but it's paperless and helps keep you organized.

You can find more information at www.notability.com.

SOUND NOTES

The app Sound Note is a tool that can be used while listening to lectures, notetaking, or listening to something on audio. You can write or sketch ideas and then go back and replay what was recorded at that time. When you are done with your notes you can share them with others or save them to your drive.

You can find more about SoundNote in the app store.

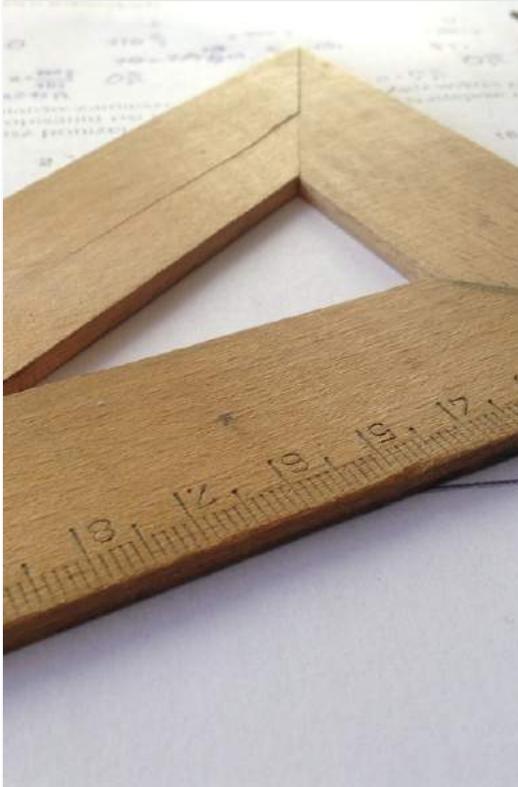
PULSE PEN WITH LIVESCRIIBE

This amazing tool was created to assist with note-taking and handwriting. You can simultaneously take notes and record audio at the same time. This pen requires a special type of paper to write on for the pen to track what is written. When you are done taking notes, you can upload the pen to the computer, and it uploads what you wrote, drew, and what was said during the time of recording. This tool would be ideal for a child in Middle school and older. You can search for the Libescribe Pulse Pen and other accessories that come with it.

Mathematics

When it comes to mathematics and dyslexia, some will excel in this area while others may struggle. It may be that a child will understand the steps to a math problem but confuse the order. Or you may find math facts difficult to recall, and a child will miss the entire problem because they missed a math fact or reversed the numbers. Below is a list of the warning signs related to mathematics and dyslexia.

Some children will have difficulty with number sense, mental math, manipulating numbers, and other areas in math. This is called dyscalculia, which refers to difficulty with calculations. Below is a list of some warning signs related to dyscalculia. If you would like more information on dyscalculia, please email me.



What to look for in math with dyslexia:

- Difficulty telling time
- Difficulty with math facts and multiplication tables
- Directionality confusion
- Confuses or skips steps
- Number reversals

What to look for in dyscalculia:

- Difficulty with number sense
- Difficulty manipulating numbers
- Trouble with mental math
- Difficulty remembering number-related dates and facts
- Trouble remembering quantities without counting



RESOURCES FOR MATHEMATICS

TOUCH MATH

Touch Math is used for addition and subtraction and is designed for primary grades. Touch math uses a multi-sensory approach to teach numerical concepts. Each child will grow in these skills as they SEE, HEAR, SAY, and TOUCH.

<https://www2.touchmath.com>

TIMES TALES

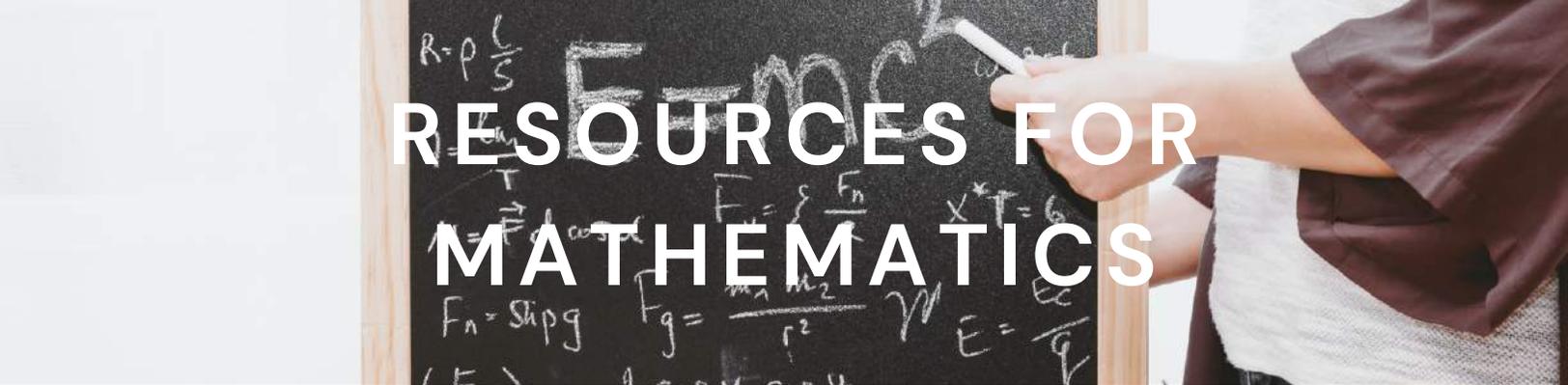
Times Tales is a mnemonic program that uses stories and visuals to help students memorize these multiplication and division facts that are often tricky to learn. Times Tales is used for multiplication and division and is designed for intermediate grades.

<https://www.timestales.com>

RIGHT START MATH

Right Start Math is designed for homeschoolers. This program is taught based on levels, not by grade. This program is designed to give students a hands-on and visual approach to math concepts by using an abacus and other hands-on tools.

<https://rightstartmath.com>



RESOURCES FOR MATHEMATICS

MOD MATH

If a child has difficulty with handwriting, like dysgraphia, you may find that it's difficult to set up math problems, or they end up getting them wrong due to their handwriting. Mod Math is the perfect tool to help in completing these math problems. You can set up and save math problems, type word problems, and email, or save them in Dropbox too.

Download Mod Math for FREE. Visit www.modmath.com

MATH-U-SEE

Math-U-See is not a spiral program. Instead, it focuses on topics one book at a time. This ensures mastery of each concept, and a student can go at their own pace if needed. This is ideal for a homeschooled student.

mathusee.com

CTC MATH

This online math curriculum was developed for public, private, and homeschooled families. You can use it as a supplemental program for more support or as your core curriculum for math. The short tutorial videos demonstrate a problem and explain the steps as it's being solved so your child has visual and auditory inputs. The curriculum ranges from K-12th grade. You can purchase a monthly or yearly subscription.

www.ctcmath.com

Sight Words

Sight words are irregular words that do not follow our phonetic rules. A percentage of words can only be taught through sight and memorization. You can't sound out these words because parts of the word or entire word do not follow the phonetic rules. Some children will need extra exposure and will need to be taught them differently rather than with just flashcards and a little exposure. Children with weak visual memory can be exposed to these words over 40 times and will still struggle with being able to read and spell them. The approach that should be taken is a multi-sensory approach using pictures, movement, and activating all the senses. These are words that show up in everyday writing and reading and need to be taught in a way to where the child can be successful in pulling them from their long-term memory.



What to look for with sight words:

- Difficulty spelling and reading sight words
- Will know a sight word on one page but not the next
- Spells sight words phonetically
- Tries to sound out a sight word
- Struggling with memorizing even with repetition



RESOURCES FOR SIGHT WORDS

PICTURE ME READING

Picture Me Reading is a great tool to help a child who is struggling to memorize sight words and high-frequency words. There are 220 Dolch High-Frequency words used with these flashcards. This program uses picture cues embedded into the word on one side and then on the opposite side has an auditory cue with context as well as the word without a picture. These are perfect for primary grades or any child struggling in this area. Download some free flashcards from their site and give it a try.

www.picturemereading.com

SEE TO SPELL

See to Spell was designed to help a dyslexic brain retain these sight words. This program will benefit a child who is struggling to read these sight words but spelling. Spelling sight words can seem impossible at times and is a big struggle for most dyslexics. Each picture and sentence has been created in a way for a child to retain it. The word picture cards are creative and colorful and adding in the multi-sensory steps for practicing it helps drastically. You can purchase a physical set of flashcards, receive a digital set, or both.

www.seetospell.com

RIGHT BRAIN LEARNING

The Craft Right Brain Sight Word Cards use 220 Dolch Words. These words are taught in kindergarten, first, second, and third grade. Each card has a picture that is created to go with each word. This allows the child to store the word in their left hemisphere and the picture in their right hemisphere. This will help with both reading and spelling these sight words.

<https://diannecraft.org/product/right-brain-220-dolch-sight-words-card-package/>

Irlen Syndrome

Irlen® Syndrome, or what has been known as Scotopic Sensitivity, is a visual-perceptual processing disorder that is neurologically based. It is on a continuum (slight to severe). It can affect a large percentage of our population. Those affected could have reading or learning difficulties, AD/HD, autism, low vision, concussions, or may not have any other co-existing conditions. Irlen's can impact a child's learning and behavior issues and interfere with day-to-day tasks (i.e., attention, academics, sports, or driving). It is affected by environmental stressors (lighting, prints, font size, colors, etc.). Irlen® Syndrome typically runs in families; however, some people may develop it later in life due to injury or increased workload. Some symptoms may start immediately, and others may start later after being in a certain environment. Irlen® Syndrome will interfere with attention, behavior, reading, comprehension, and other things in print or the environment. A few of the warning signs are mentioned below.



What to look for with Irlen® Syndrome

- Skipping words or lines when reading
- Light Sensitivity (prefers a hat, sunglasses, dim lighting, or lamp)
- Squinting, moving closer, or eyes watering when looking at print or in bright lighting
- Has to reread to comprehend
- Reading causes fatigue or strain
- Depth perception issues or clumsiness
- Headaches, behavior issues, and stomachaches in the classroom or while reading
- Distortion to text while reading (letters or words move or become blurry)
- Misreads a word or has difficulty with fluency and/or accuracy

For a detailed list of symptoms or to take a self-test, please email me.



RESOURCES FOR IRLEN SYNDROME

IRLEN COLORED OVERLAY

A Certified Irlen Screener can determine what colored overlay(s) an individual will need. These overlays can be used for reading tasks. Once the screener determines what color overlay, they will decide if glare or non-glare is best for that individual. Some individuals will require a combination of overlays stacked on each other. For more information, you can visit www.irlen.com or email me to book a screening.

www.irlen.com

IRLEN SPECTRAL FILTERS

Once the Irlen Screening is completed, you can then work with a Certified Diagnostician to see what color of Irlen Spectral Filters would work best. These filters will be a different color than the overlay because it is made out of different material. These filters will not only help with reading print but also with day-to-day life. They change the way information is brought in through the environment. Be sure to ask what material the glasses need to be in order for the filter to work. If you would like more information on this process, you can email me or go to the website below.

www.irlen.com

BOOK LIFT

Glare from glossy, bright white pages can be overwhelming for someone with Irlen Syndrome. Using a book lift is a great way to help prevent glare on the page. There are several book lifts you can choose from on Amazon. One that is used often is by the brand Fellowes.



RESOURCES FOR IRLEN SYNDROME

COLORED PAPER

During an Irlen Screening, it will be determined what color paper would be best when an overlay is not able to be used. This could be used for test taking, worksheets, or for writing. There are several options to choose from. Once the paper color is determined, you can order some on Amazon.

COMPUTER OVERLAY

Once your child or student has been screened for Irlen Syndrome, you can purchase a cling that is the same color as the overlay. You can cut it down to fit a device or use it over a computer screen. You can find more at www.irlen.com.

There is also a program called Claroview that you can download to your computer to change the background color and text.

DIMMING THE LIGHTS

Dimming the lights in the classroom or at home can do wonders for those with Irlen Syndrome. This is a quick and easy solution. If you are not able to dim the lights in the room then consider allowing a hat to be worn or changing the light bulbs. There are so many solutions to control the light in each room.



RECOMMENDED WEBSITES & BOOKS

01 International Dyslexia Association

This is one of the best websites to find information on dyslexia, dysgraphia, and everything you want to know. One thing I use often download several researched-based articles on this website.

dyslexiaida.org

02 Bright Solutions

Bright Solutions for Dyslexia was founded by Susan Barton, the creator of the Barton and Spelling System. This site for parents and educators to find more information about dyslexia and other areas relating to it.

brightsolutions.us

03 Learning Ally

Learning Ally as previously mentioned in the Resources for Reading section is also a great website to refer to for information about dyslexia. They share valuable articles for parents and educators and offer ways to educate yourself in not just dyslexia but literacy too.

learningally.org

04 Decoding Dyslexia

Decoding Dyslexia was created by parents to educate others about dyslexia. You can select the state that you live in and find more information about laws and resources in your own state.

decodingdyslexia.net

05 Bright & Quirky

Debbie Steinberg Kuntz is the founder of Bright and Quirky. Her and her team encourage and guide parents who have a child who falls under bright and quirky description. This site is packed with tools and information to help encourage and guide you along this journey.

www.brightandquirky.com

06 Irlen Institute

This is the official website for anything you need to know about Irlen Syndrome. This site has an Irlen Self-test, a list of warning signs, several articles, and studies about Irlen Syndrome and more.

www.irlen.com

07 Understood

This is a great site for parents and educators because it provides helpful information for kids who are neurodivergent. They even have an app that makes it even easier to access some great tools called Wunder.

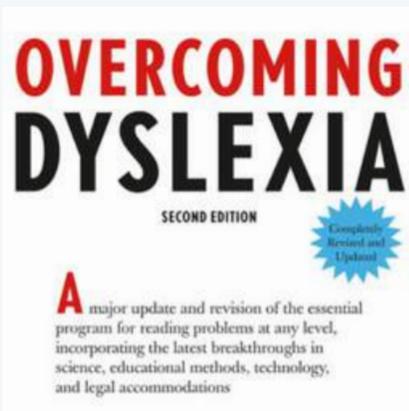
understood.org

08 Irlen Syndrome

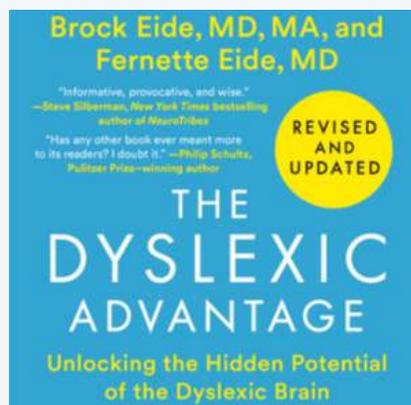
This site is another great resource to find more information on Irlen Syndrome. Here, you'll find some great videos along with information to educate yourself and others. Make sure you download the educator or parent toolkit for Irlen Syndrome.

www.irlensyndrome.org

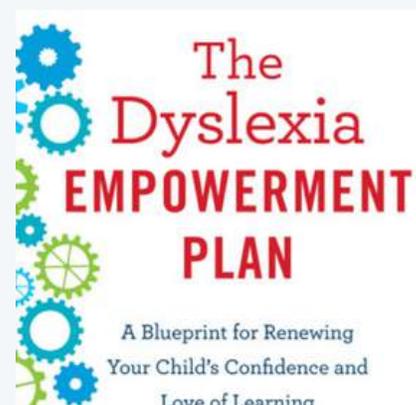
RECOMMENDED WEBSITES & BOOKS



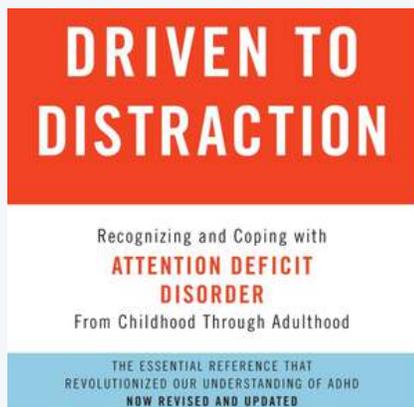
Overcoming Dyslexia
Sally Shaywitz



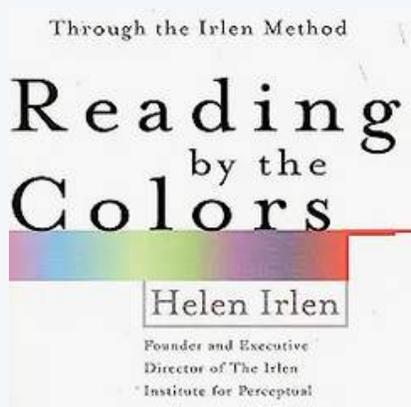
The Dyslexic Advantage
Brock Eide and Fernette Eide



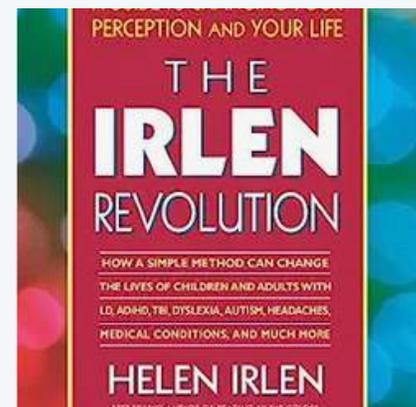
The Dyslexia Empowerment Plan
Ben Foss



Driven to Distraction
Dr. Ned Hallowell



Reading by the Colors
Helen Irlen



The Irlen Revolution
Helen Irlen

Graphic Designer

Web Designer

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Information from this guide was sourced from:

www.brightsolutions.us
www.interdys.org
www.understood.org
www.irlen.com
www.irlensyndrome.org
www.unsplash.com

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