FREE DIGITAL DOWNLOAD

Dyslexia Discovery

Trusting Your Parent Instincts

A gentle first guide for families beginning their dyslexia journey

WRITTEN BY: AMY, FOUNDER OF BEYOND THE BOCS

A note from me...



Hello and welcome

I'm so glad you're here.

I'm a mum to a wonderful dyslexic thinker and an education and early years professional with 15 years experience as a primary teacher.

My journey into understanding dyslexia didn't begin in a classroom, it began with my daughter.

Over time I started noticing small things in her learning that didn't quite follow the usual pattern. Yet she is also incredibly articulate, sociable and emotionally intelligent, a real people person who loves school and is always eager to learn. It reminded me that sometimes children aren't struggling because they aren't capable, they simply learn and think in different ways.

I created Beyond the Bocs as both a parent and an educator who wanted to better understand, support and advocate for dyslexic thinkers.

This guide isn't about diagnosing dyslexia. It's simply a gentle starting point for parents who may be beginning to notice patterns and want to understand what they might be seeing.
If you're here, it means you're paying attention to your child and how they learn, and that's one of the most powerful things a parent can do.

Amy



"Dyslexia is just an alternative way of thinking"

Richard Branson

01 WHAT IS DYSLEXIA?

MORE THAN READING AND WRITING.

Dyslexia is a difference in how the brain processes language, particularly written language.

It does not reflect intelligence.

Many dyslexic individuals are highly capable and often show strong abilities in areas such as:

- **Problem solving**
- **Creativity**
- **Big-picture thinking**
- **Pattern recognition**
- **Innovation**

However, dyslexia can make certain learning tasks more challenging, particularly those involving reading and spelling. Some common signs can include:

- **Difficulty learning phonics or letter patterns**
- **Slow or effortful reading**
- **Spelling that seems inconsistent**
- **Mixing up letters or sounds**
- **Trouble remembering sequences (days, instructions, spellings)**
- **Strong verbal ideas but difficulty writing them down**

Every dyslexic learner is different.
Some signs appear early.
Others become clearer as school demands increase.
Importantly, dyslexia also comes with many strengths, and with the right support, dyslexic learners can thrive.

Remember: Not every child who experiences these difficulties is dyslexic, and this guide is not a diagnostic tool.

02

FOLLOWING YOUR INSTINCTS

WHEN PROGRESS DOESN'T TAKE THE USUAL PATH

Every child develops at their own pace.
But sometimes parents notice patterns that feel different from typical learning progress.
For me, it wasn't one big moment.
It was a series of small things:

- **Reading progress didn't seem to match effort.**

- **Words were remembered one day and gone the next.**

- **Homework caused frustration far beyond the task itself.**

- **Brilliant ideas were easier to explain verbally than on paper.**

- **Confidence dipped in situations that involved reading or writing.**

What stood out most was this:
My daughter was bright, imaginative and curious, yet literacy felt far harder than it should.

"Why is this so difficult for such a capable child?"

It was a thought that kept returning — until I decided to make a plan.

- Let's practise a little more at home.
- Track the learning ups and downs.
- Ask family if they've noticed anything too.

"Am I overthinking this, or is something really there?"

Parents often notice differences long before formal assessment happens — and those instincts matter.

03

SO WHAT NOW?

Gently start tracking what you see.

This isn't about proving anything.

It's about building a clearer picture.

You might notice things like:

- Difficulty remembering letter sounds
- Trouble learning spelling patterns
- Slow or effortful reading
- Avoiding reading tasks
- Strong verbal storytelling but weaker writing
- Tiredness or frustration after literacy work

Writing down a few observations can help when speaking with school.

When approaching teachers, try to frame conversations around shared curiosity:

Instead of:

"I think my child has dyslexia."

You might start with

"I've noticed reading seems really difficult despite lots of effort. Have you noticed anything similar?"

Most schools genuinely want to support children and early conversations can open the door to additional monitoring and support.

Dyslexia doesn't mean a child isn't trying.



04

SO WHATN NOW?

MOVING FORWARD BEYOND THE INSTINCT

If you suspect your child may be struggling with dyslexia, the most important next steps are:

Stay curious.
Continue noticing patterns without jumping to conclusions.

Keep the conversation open with school.
Teachers can monitor progress and provide additional support where needed.

Focus on strengths as much as challenges.
Confidence plays a huge role in learning.

Remember that labels do not define children.
Understanding how a child learns simply helps us support them better.

This is exactly why Beyond the Bocs was created.

To help families:

• Understand dyslexic strenghs and differences

• Navigate school conversations

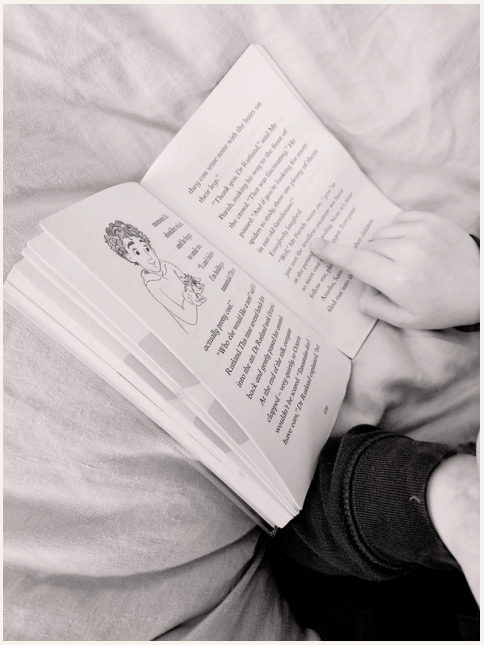
• Support learning at home

• Build confident, capable learners who think differently

Want to learn more?

Follow me on Instagram

@beyondthebocsdyslexia



No jargon. No pressure. Just friendly, practical support for parents and families navigating dyslexia.

BEYONDTHEBOCS.CO.UK