

Coping with dyslexia – how to build a child’s resilience and self-esteem



“Being resilient is a better predictor of school and life success than the extent of the child’s dyslexia.”

Dr Nola Firth

Teaching children skills in coping, assertiveness and resilience has definite benefits, but new research has shown that there are additional benefits for those with learning difficulties such as dyslexia.

Andrew Bridge, Victoria’s only Dyslexia Program Coordinator, will show parents how to help their children become more reliant and confident at school and in life in general.

This workshop will be suitable for parents at Primary and Secondary School and will help parents answer the following questions;

- What is true resilience?
- What factors constitute it and can you identify a level of resilience in your child?
- How can a child/student develop coping strategies that will assist their assertiveness?
- How does Assertiveness lead to self-advocacy skills?
- How does a child’s awareness of resilience, strengthen and increase the opportunity to display it?
- What can be done at home to support your child and school to develop resilience?

Dr Nola Firth (RCHCA), who has conducted ongoing research with dyslexic children, told The Age newspaper:

“It’s so well documented that these kids suffer from learned helplessness because they’ve failed so often ... we know that it is not the extent of dyslexia, it is how they handle it that is the predictor of success in life and that’s powerful because we can change how people deal with it.”

Dr Firth and Psychologist Erica Frydenberg developed a resilience program for primary aged students with dyslexia called ‘Success and Dyslexia.’



**Presenter:
Andrew Bridge**

Andrew Bridge, launched the program in Wedge Park Primary and continues work with groups of dyslexic children with extremely positive results

Andrew Bridge

Andrew has been teaching for over 30 years and is the only Dyslexia Program Coordinator in Australia. He has always had an affinity with students with learning difficulties that stemmed from stimulating genuine confidence in his students. From 2009 onwards he has been teaching students with dyslexia for both coping skills/resilience and academic development using a Multisensory Structured Language approach. Andrew has recently retired from full-time teaching but remains at Wedge Park Primary School, on a part-time basis, specifically to raise dyslexia awareness.

Presented by SPELD Victoria in collaboration with Andrew Bridge

Date: Thursday 10th September

Duration: 7pm – 9pm

Location: SPELD Victoria 60 High Street, Preston VIC 3072

Cost: \$25 per person

Registration: <http://coping-with-dyslexia.eventbrite.com.au>



SPELD Victoria Inc.

Dyslexia and other Learning Disabilities Support