

A GUIDE FOR PARENTS AND CARERS

Supporting your child with dyslexia or autism

How we help at Hackney Tuition Centre, what happens at the first visit, and simple study ideas you can use at home.

How we help
Their own workbook, their own pace, and a plan we agree with you.

Ideas for home
Study techniques for reading, spelling, maths and homework.

HACKNEY TUITION CENTRE

108 Weymouth Terrace, London E2 8LR
020 7018 1260 · hackneytuition.com

AT HACKNEY TUITION CENTRE

How we support your child

Every child learns differently. We start by getting to know yours.

Our approach

Their own work, at their own pace

Children share a tutor, but they are not taught as a group. Each child works through their own workbook.

Assessment first

A free, relaxed assessment shows us where your child is. Then we agree a plan with you.

Our own workbooks

Matched to your child's level, so they build confidence before moving on.

Small, clear steps

Work is broken into short steps, with one instruction at a time.

Safe and registered

All our tutors are DBS-checked, and we are Ofsted-registered (RP903394).

Talking with you

Tell us what works at home and at school, and we will tell you what we see here.

Things we can adjust

Where we can, we make small changes that help your child feel settled:

- A quieter session time
- Extra time, no rushing
- Questions read aloud
- Short breaks
- The same day and time each week
- Instructions written down



Please tell us. Let us know about any diagnosis, support plan or EHCP, or simply what helps your child. We keep it confidential and use it to plan their lessons.

BEFORE YOU COME

What happens at the first visit

Knowing what will happen helps many children feel calm. You could read this page together.



1 The front door

Hackney Tuition Centre is at 108 Weymouth Terrace. Look for the big blue sign.



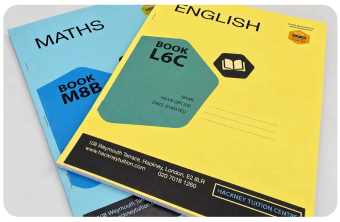
2 Saying hello

We say hello at the reception desk. You and your grown-up stay together.



3 The classroom

There are round tables with yellow and grey chairs. Other children may be working quietly.



4 The assessment

Some questions in each subject, about 30 minutes each. It is not a test you can pass or fail. It just shows us where to start.



5 Talking about it

Afterwards, we talk to your grown-up about what we found and the right group for you.

Tips for parents

Show your child this page the day before. Bring ear defenders or a comfort item if they help. Arrive a few minutes early so nothing feels rushed. Tell us about anything that may worry your child, like noise or reading aloud.

DYSLEXIA

Supporting a child with dyslexia

Dyslexia mainly affects reading and spelling. It has nothing to do with how clever a child is.

What it can look like

- Slow reading that takes a lot of effort
- Spelling the same word in different ways
- Mixing up the order of letters or numbers
- Finding it hard to copy from the board
- Forgetting a list of instructions
- Getting tired quickly with written work

Many children with dyslexia are strong at talking, ideas and problem solving.

Ideas for home

1 Read together

Take turns. You read the harder parts, so they enjoy the story. Audiobooks count too.

2 Say it, trace it, write it

Practise spellings with all the senses: say the word, trace it, write it, then check it.

3 Little and often

10 to 15 minutes a day works better than one long session at the weekend.

4 Make reading easier

A clear font, bigger text, cream paper, and a ruler to keep their place.

5 Use technology

Text-to-speech, speech-to-text and audiobooks are tools, not cheating.

6 Praise effort

Notice how hard they work, not just the marks.

Does my child have dyslexia? Only a specialist assessment can say, by a specialist teacher or an educational psychologist. Speak to your child's school first. We don't diagnose, but we are happy to share what we notice.

AUTISM

Supporting an autistic child

Every autistic child is different. These ideas help many children feel calm and ready to learn.

Ideas for home

1 Keep a routine

Same time, same place for homework. Tell them early if something will change.

2 Show the plan

A visual timetable, or "now and next" cards, makes it clear what is happening.

3 Clear instructions

One step at a time, in plain words: "Write the date, then do question 1."

4 Use their interests

A favourite topic, like space, football or animals, can bring maths and writing to life.

5 Plan breaks

Use a timer: 15 minutes of work, then a short break they can look forward to.

6 A calm space

Quiet, tidy and not too bright. Ear defenders can help.

Try it: "now and next" and a visual timetable

NOW	NEXT
Maths 15 minutes	**Break** 5 minutes

1 · Snack → 2 · Reading → 3 · Break → 4 · Maths → 5 · Free time

If it all gets too much

Some children feel overwhelmed by noise, change or too many demands. If this happens, stop, stay calm and give them space and a break. The work can wait.

STUDY TECHNIQUES

Homework and revision that works

Simple techniques that help children with dyslexia or autism, and every other child too.

Reading and writing

Talk before writing
Talk the ideas through first, then jot them in a mind map or boxes.

Sentence starters
"First…", "Next…", "Finally…" give a clear shape to their writing.

Say it, then write it
Say each sentence aloud before writing it down.

Check one thing at a time
Read through once for capital letters, once for full stops.

Maths

Use real objects
Coins, counters or Lego make place value and fractions easier to see.

Squared paper
Keeps numbers lined up in the right columns.

Steps on a card
Write each step of a method on a card, numbered in order.

A times-table grid
At home, it lets them focus on the method while the tables are learnt.

Revision

Short sessions
20 minutes, then a break. Little and often.

Flashcards and colour
One fact per card, with colours for each topic.

Teach it back
Ask your child to explain it to you. If they can teach it, they know it.

Practise under time
Only once they feel confident, so timing doesn't cause worry.

GETTING SUPPORT

Working with your child's school

You and the school can agree support that also helps at exam time.

Who to speak to

1. **The class teacher.** Share what you see at home, and ask what they see in class.
2. **The SENCo.** Every school has a special educational needs coordinator who plans extra support.
3. **SEN support.** The school can put extra help in place. Your child does not need a diagnosis first.
4. **An EHCP.** If your child needs more help than the school can usually give, you or the school can ask Hackney Council for an EHC needs assessment.

Help in exams

For SATs and GCSEs, schools can apply for **access arrangements**, such as extra time (often 25%), a reader, a scribe, a computer or rest breaks. They need evidence and should match how your child normally works in class, so speak to the SENCo well before the exam year.

Help with fees

Tax-Free Childcare can usually be used for children up to 11, but **up to 16 if your child is disabled**. The government adds £2 for every £8 you pay.

Universal Credit can cover up to 85% of childcare costs, until 31 August after your child's 16th birthday.

You can't use both for the same child, and it depends on your circumstances. Check at gov.uk. We are Ofsted-registered (RP903394).



Where to find more help

British Dyslexia Association
Information and a helpline for parents.
bdadyslexia.org.uk

National Autistic Society
Advice for families, and a local Hackney branch.
autism.org.uk

Hackney's Local Offer
Local SEND services and support in Hackney.
education.hackney.gov.uk

IPSEA
Free legal advice about SEN support and EHCPs.
ipsea.org.uk

Book a FREE assessment

Scan the code, visit hackneytuition.com or call us. Tell us what helps your child, and we will plan around it.

020 7018 1260

Give your child the best opportunity to succeed