



# DYSLEXIA

CHRIZMIE MOSTERT





# Dyslexia

## Turning Differences into Strengths

Dyslexia is not a limitation — it is a different way of thinking that can spark creativity, innovation, and extraordinary problem-solving. Some of the world’s greatest minds and changemakers have dyslexia, proving that success is not defined by the traditional way of reading or writing. Richard Branson built a global business empire by thinking differently, seeing opportunities others missed. Albert Einstein revolutionized science with his unique perspective on the universe. Celebrities like Whoopi Goldberg and Steven Spielberg have used their creative minds to inspire millions around the world. Dyslexia challenges the way we process words, but it can also unleash imagination, innovation, and the ability to change the world. It reminds us that thinking differently is not a weakness — it is a superpower.

### Strengths

- Strong visual-spatial reasoning
- Creative and artistic talents
- Excellent problem-solving and big-picture thinking
- Strong oral communication and storytelling skills
- Innovative approaches to challenges

### What Dyslexia Is

Dyslexia is a specific learning difference that primarily affects reading, spelling, and writing. It is not linked to intelligence but to how the brain processes language.

We often reverse numbers, and words can appear to move in front of our eyes. From our family’s experience, no matter how much support you receive, how many times you practice writing the letter “A” correctly, or how often you try to learn the correct spelling of a word, this difference does not simply disappear.

My mother once did an experiment with me, my brother, and my father. My father received extensive support from a young age, including occupational therapy and speech therapy, and he practiced his spelling words every single day. My mother gave all three of us a Grade 5 high-frequency spelling test consisting of 20 words. The results were very similar: I scored 2 out of 10, my brother scored 1 out of 10, and my father scored 2 out of 10.



This experience shaped my perspective. Yes, occupational therapy and extra practice are essential, as they greatly help with word recognition and learning to read. However, spelling is likely to remain a lifelong challenge. Instead of fighting against this, we should be taught how to use technology to overcome it, such as learning to use dictation and other supportive tools.

## Signs

- Difficulty with phonics and decoding words
- Slow, effortful reading
- Trouble with spelling and written expression
- Avoidance of reading aloud

## Causes

- Genetic factors
- Brain processing differences
- Not caused by poor teaching or lack of effort

## Common Challenges

- Reading fluency and comprehension
- Spelling accuracy
- Written expression
- Self-esteem issues

## Support Strategies

- Multisensory learning
- Assistive technology
- Extra time for reading and writing (Do not ask a child to read out loud in class)
- Encouragement of creativity and oral skills
- Early intervention





**Please print our content in larger print & leave spaces in between each line! This help so much so that we can visually “see better!”**



**Let us use technology! By using technology, we can do the same work, with the support of voice to text, spelling and grammar check, chat gpt!**



**Allow us to “play” with slime, memory foam toy, sensory education “toy” to help keep our brains busy. during class!**



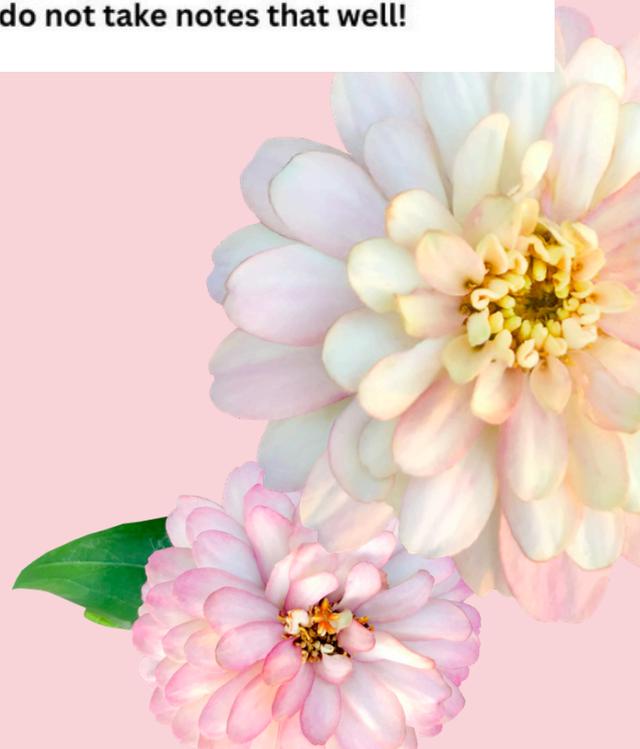
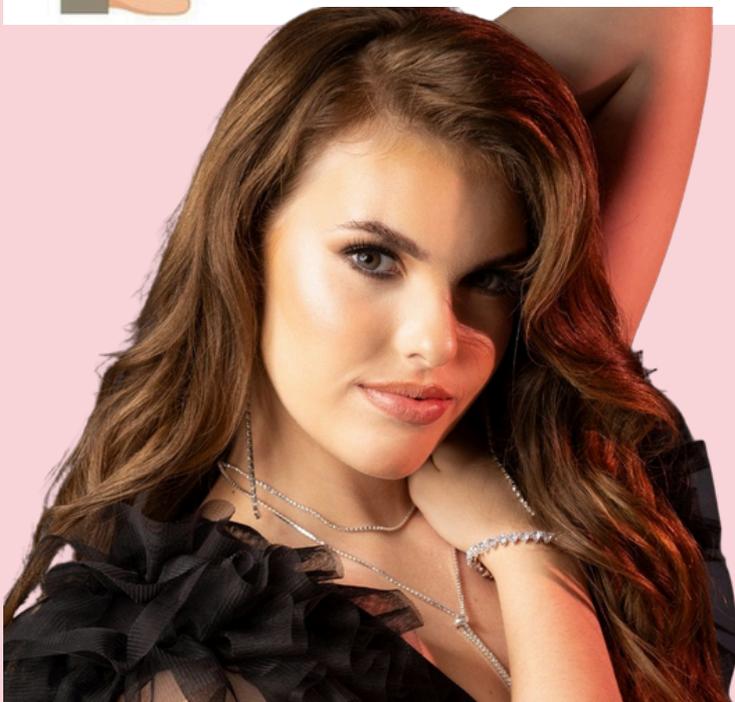
**Show us kindness and understanding!! If you talk to me like if I am “stupid” this breaks me down! In other areas, I am more intellectual than you! :-)**



**Do not just give us VERBAL instructions! Please put it on paper!**



**Teachers, show us the final outcome, before you explain the work. Please provide me with memos, because I do not take notes that well!**





# Break the Stigma

## CHANGE

When a child is diagnosed with a learning disability, parents are not given a “manual” or proper training on how to support them. However, when teachers and parents understand and uplift these children, the impact is profound—mental health improves, emotional outbursts decrease, a growth mindset develops, and issues like suicide and alcohol abuse decline. Most importantly, the stigma surrounding learning barriers is broken, allowing children to embrace their uniqueness with pride.

How can we expect children to accept and love themselves if society—and even their own parents and teachers—are tearing them down due to a lack of knowledge?





# Break the Stigma

## HOPE

There is HOPE! Yes, success is possible, and yes, learning disabilities can be managed! I am living proof that when these challenges are truly understood, and family members accept you just as you are, children can learn to embrace themselves. They develop skills to navigate their difficulties, grow in self-love, and realize that they don't need to measure themselves against their peers—but rather against their own potential.

The moment I accepted myself, my entire perspective on life changed. I set my own goals, take things step by step, and understand my unique strengths. If a child has a lower tested IQ, meet them where they are and support their growth. If a child has a high IQ, hold them accountable to their potential while providing the necessary support.

I am incredibly proud of who I am. I proudly say that I have learning disabilities—because they are not my weaknesses; they are my strengths!



# Break the Stigma

## EDUCATE YOURSELF

According to the 2018 census, South Africa has approximately 20 million children, and with an estimated 6% experiencing disabilities, around 1.2 million children face some form of learning disability ([ci.uct.ac.za](http://ci.uct.ac.za)). Learning barriers are a reality, and almost everyone—whether a friend, family member, or colleague—knows someone facing these challenges.

Family members, in particular, must educate themselves to provide the necessary support. Many children experience school as a source of "trauma," struggling to keep up with writing speed, note-taking, and other classroom demands. This is why proper diagnosis and ongoing support are so essential. When we take the time to understand and accommodate these children within our own homes, we can significantly improve their emotional regulation and overall well-being.





# Break the Stigma

## ACCEPT

Statistics show that 1 in 5 children has some form of learning disability. It's time to break the stigma. The solution isn't to send these children to "special" schools but to acknowledge and support the challenges they face in a classroom setting. The lack of awareness and true understanding among educators about these barriers—and the available support—is heartbreaking. Simple accommodations can make a significant difference: providing children with memos, a printed calendar with formal assessment dates, access to technology for daily tasks, and larger-format printed textbooks instead of low-quality A5 copies.

