



Helpful Tips for Reading Success

Essential Skills Needed for Reading:

- Relaxed alertness
- Eye movement
- Phonetic awareness
- Tactile awareness
- Visual awareness
- Body awareness and body control
- Balance
- Posture
- Fine motor skills
- Pencil grip
- Visual motor integration
- Speech/Sounds perception
- Multisensory comprehension
- Multisensory recognition
- Multisensory expression
- Positive reinforcement and joy of learning

Always Begin with Good Posture

- Feet flat on the floor resting on a stool (dangling legs affect eye movement and attention span)
- Straighten back
- Straighten head (head tilting affects eye movement)
- Head is elbow to finger distance from the working station
- Hold pencil in position where both eyes can see at the same time (do not block visual field with pencil)

Body Awareness and Body Control is very important in Writing, Reading, and Learning!!

Current Brain Research Involving Early Reading Skills

- Language involves auditory, visual, and sensory motor codes.
- A code is “a system of signals used to represent meaning”
 - Number signals used in military code
 - Dots and dashes used in morse code
 - Letters used in alphabet code

Memory is attached to all multisensory signals of the code

- Early learning of the code results in early reading development
- Visual signals transmit from retina via visual pathways. The brain interprets the visual signals. Eyes must know what the head is doing.
- Auditory and sensory-motor signals are also interpreted through brain pathways.