

Frequently Asked Questions

What is Neurodiversity?

- A natural variation in how people think, learn, and process information
- Includes conditions such as Dyslexia, Dyspraxia, ADHD, and ASD
- This doesn't mean a child is less able - it means they learn differently

Why is our approach effective?

- It celebrates these differences
- Helps each child find the strategies that work best for them

What are some common signs of neurodiversity?

- Finding reading, writing, spelling, or maths challenging
- Struggling with memory, concentration, or organisation
- Appearing bright and articulate, but not showing this in schoolwork
- Feeling anxious or overwhelmed at school
- Avoiding homework or school altogether
- Being highly creative or curious but easily distracted

How can we help you?

- We can help you explore what support might work best
- A diagnosis isn't essential to start

Who do we work with?

- Both diagnosed and undiagnosed neurodivergent children
- Children who learn differently or feel misunderstood at school
- Children who are underperforming at school
- Creative thinkers and visual learners
- Home-educated children
- School-refusers or children struggling with confidence

Our sessions are tailored to each child's individual needs - not a label

How does your tutoring support my child's unique way of learning?

We use multi-sensory, structured, and positive teaching methods that:

- Strengthen literacy and comprehension skills
- Develop and improve vocabulary and language skills
- Improve general knowledge
- Build focus, memory, and self-confidence
- Help children understand how they learn best
- Encourage resilience, perseverance, growth mindset and self-belief
- Create a calmer, more positive learning experience

Parents often tell us they see their child's confidence grow both in and out of school.

What qualifications and experience does your tutor have?

Our Tutor holds:

- OCR Level 5 Certificate in Teaching Learners with Specific Learning Differences
- Postgraduate Certificate in Applied Positive Psychology
- Positive Psychology in Coaching
- MISP - Teaching Children Mindfulness (7-11 years)
- Relax Kids Coach Training
- Specialist Coach Training for AD(H)D
- Specialist Coach Training for Neurodiversity

Our Tutor has

- Worked within the neurodiversity community for many years - tutoring and mentoring
- Held presentations on creating positive learning environments for families and educators at the Thames Valley Dyslexia Centre

Alongside professional training, our tutor

- Has personal experience of neurodiversity
- Offers a compassionate and insightful understanding of the challenges many families face
- Has raised awareness of Neurodiverse conditions on TV, radio, in the press and given talks to various organisations

How does tutoring work?

Each child learns differently, so every session is built around:

- Strengths
- Interests
- Individual needs
- We use fun, interactive and visual approaches that make learning engaging and confidence-building
- Sessions are held weekly via Zoom, lasting 40 minutes - booked $\frac{1}{2}$ termly in advance
- We encourage parental support and involvement, and guide parents and children through the learning process

What age groups do you work with?

- We primarily support children aged 8-10 and their parents
- We can adapt our resources and approach for children who are slightly younger or older
- Provide parent guidance to help you support your child at home

Can tutoring help with other school subjects?

- Yes - improving and developing literacy is a transferable skill across all subjects

Although our sessions primarily focus on literacy, the transferable skills your child also develops are:

- Focus
- Confidence and self-belief
- Organisation
- Resilience and perseverance
- Critical thinking skills
- ICT skills
- Language and vocabulary

What are the benefits of working with us remotely?

Online sessions can be ideal for neurodivergent learners:

- Children feel more comfortable learning in their own familiar space
- It saves money and travel time, reducing stress
- Learning is interactive and visual (delivered via PowerPoint and other digital tools)
- Sessions are structured yet flexible to your child's pace
- Your child can freely move around to process learning
- Parents can easily observe and stay involved in the process
- Your child can bring in any item that is of comfort to them including well-being pets

All that's needed is a laptop and a quiet space.

Do you only work with children who have Dyslexia or ADHD?

We work with children

- High Functioning ASD
- Dyspraxia (DCD)
- Dyslexia
- ADHD
- Un-diagnosed but find traditional learning methods difficult

Every child deserves support that works for them

How do you make learning enjoyable for children who've lost confidence?

- We focus on what your child can do — not what they can't
- We encourage them to tap into their interests to make learning relevant
- Our sessions use games, visuals, and positive psychology to rebuild trust in learning and show them that success is possible

Do you provide feedback to parents?

- Each session includes dedicated time to share progress, strategies, and ideas for supporting your child between lessons
- Parents often tell us these insights are one of the most valuable parts of the service

How long will my child need tutoring?

- Every child's journey is different
- Some families work with us for a term, others for a year or more

We

- Review progress regularly to make sure tutoring remains effective and enjoyable
- Welcome your and your child's input on how to make their sessions enjoyable, and will try to incorporate suggestions where possible

Do you collaborate with schools?

We

- Work independently of schools
- Are parent and family focused

Our aims are to

- Strengthen and secure your child's literacy foundations, which complement their schoolwork
- Enlighten and educate parents so that they are well-informed when communicating with schools about their children's learning needs

Why is my child having to revisit such basic words?

We aim to:

- Ensure your child has solid and secure literacy foundations
- Fill in gaps in their existing reading and spelling knowledge

To achieve the following:

- Ensure they don't fall further behind at school
- Eventually catch up with their peers
- Prevent academic underperformance
- Provide them with a higher chance of achieving their true potential

Sometimes, stepping back and strengthening your child's basics can be the launchpad for remarkable progress. Embracing this can lead to tremendous advancements in your child's learning journey.

Why is my child's progress sometimes erratic?

- Over the years, we have found that the learning process is not always linear; we often refer to this as a "bumpy take-off"
- We encourage you to keep your focus on the bigger picture and recognise that small wins accumulate over time
- What matters most to us is that your child's learning is progressing!



Phonics has not worked for my child in the past. Why is your way of teaching phonics different?

The way we teach phonics is effective because it is

- Neurodiverse-friendly
- Multi-sensory
- Child-centred
- Structured
- Built on achievement

Which leads to improved learning outcomes for neurodiverse children

How do I get started?

Please visit www.theextradimension.co.uk/find-out-more to book a FREE Discovery Call with us to discuss your child's needs and how we can best support them.