**SOS Spelling Method**

This method of learning spelling is called the SOS method – Simultaneous Oral Spelling.  Lynette Bradley at Oxford University has shown that this method is almost twice as effective as simple writing or repetition.  SOS is a multi-sensory learning method.  When a child uses the SOS method, they are using all sensory channels to learn how to spell new words.  They are using visual, auditory and motor/movement channels to take in the spelling pattern of the new target word.  They are also learning to check that they have not jumbled the order of letters by mistake.

The SOS method involves ‘over-learning’ which reflects that children and young people with dyslexia take additional time to transfer learning into long-term memory.  The method is therefore more effective if a slow and steady approach is taken.  Set aside a ten minute period each day for helping the child with spelling.  Spelling lists should be short – no more than five words.  The same spelling list should be worked on for three days in a row.  This means that no more than ten new words can be learned in a week.

Follow the routine described for each word:

1. Write the target word out or form it with plastic letters.
2. Tell your child how to say the word and what it means if they don’t know.
3. Ask your child to copy the target word and to say the name of each letter as it is being written.
4. Ask your child to look at what they have written and to say the whole word.
5. Ask your child to check that what they have written is the same as the target word. This checking is done letter by letter from the target to the copy.
6. Your child should then try to write and say the target word from memory. If he or she makes any mistakes, identify the mistake and then continue once the mistake has been rectified.
7. Repeat Step 6 until the word has been written correctly three times.

