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Dyslexia and the Arts: How Getting Your Child Involved Can Make a Positive Impact

An estimated [5 to 10 percent](#) of the population has dyslexia. If your child has this language disorder, getting them involved in the arts could be a smart move.

Art therapy is known for having a [positive impact](#) on those with learning disabilities. However, even if art therapy isn't an option, exploring the arts with your child may have similar benefits. If you want to help your dyslexic child get involved in the arts, Ideasplano.org presents a few places to start.

Arts to Explore with Your Dyslexic Child

Dance

One stellar option to explore if you have a child with dyslexia is dance. First, dancing generally doesn't involve any form of reading. Instead, it's mainly about body movement, something that may be less intimidating to your kid.

Second, dance can serve as a level playing field. Your child may feel like they are on equal footing with their peers when they dance, giving them a way to connect with others with greater ease.

Finally, dance can help them stay fit while reducing stress. Plus, dance helps with the formation of [new neural connections](#) and [increases cognitive acuity](#), something that can benefit people of all ages.

Drama

Another solid choice for children with dyslexia is drama. Through drama exercises, your child may be able to build new confidence. Plus, it's a chance for them to explore new emotions and situations, as well as learn valuable [communication skills](#) that may help them forge friendships moving forward.

If you're concerned about script reading, [improv](#) could be an alternative. It's a great option for being creative as it doesn't require reading scripts, memorizing lines, or following a predetermined path.

Music

While it isn't universally true, some children with dyslexia may have an easier time [reading music](#) than reading words. If your child falls in this category, learning a musical instrument could be another way to boost their confidence. Plus, music training [increases brain development](#) in kids, particularly areas that are responsible for language, speech, sound processing, and reading.

Crafts

If you're looking for something more tactile, arts and crafts can be excellent options. Your child may discover a love of painting, knitting, scrapbooking, or any of the slew of projects that are available.

One of the nicest parts about arts and crafts is that your child has something physical to show for their effort. That can give them a sense of pride they can carry long after their work is done.

Additionally, arts and crafts don't necessarily involve a lot of reading, which may be beneficial. They can also improve fine motor control, hand-eye coordination, and a range of helpful skills, allowing your child to gain even more from the experience.

Updating Your Home for Art Activities

While you can certainly participate in arts activities in any part of your home with a suitable room, having a dedicated space may be a better approach. It lets you keep supplies accessible but in a single area. Additionally, you can make sure that there aren't any breakable items nearby, something that may be critical for activities like dancing.

If you have an unused space in your home, such as an unfinished basement or spare room, turning it into an arts and crafts space could be a great idea. Your child will have a designated area to explore their creative side. Plus, with the proper updates, [you can boost](#) your home's value, allowing you to get more from your house if you decide to sell.

Getting your child interested in the arts can open up a world of possibilities for them. So, encourage their interests, and let them explore at their own pace. Who knows? You may have a budding artist in the family!