



'Signs to Watch' Conversation Checklist

This is not a diagnostic test — it's a way to gather your thoughts before talking to your child's teacher or GP. Tick anything you've noticed over a sustained period (not just an occasional off day), and take it with you to the conversation.

Noticed?	Over a sustained period, my child...
☐	Is slow to learn, or keeps forgetting, letter sounds
☐	Finds it hard to hear rhymes or the sounds inside words
☐	Reads very slowly and effortfully, or avoids reading
☐	Struggles to sound out unfamiliar words
☐	Has spelling that doesn't improve despite practice
☐	Still reverses letters well beyond Year 2
☐	Understands far less of what they read than what they hear
☐	Has hard-to-read handwriting or finds writing physically hard
☐	Struggles to follow multi-step spoken instructions
☐	Finds listening hard when there's background noise
☐	Is becoming distressed, anxious or avoidant about school work

What to do with this sheet

If you've ticked several boxes, or even one that worries you, book a chat with your child's teacher and mention it to your GP. Ask: 'Where is my child compared to expectations, and what would you suggest?' Early questions lead to early support.