

Vision & Reading Clinic

Have you spotted a potential problem with your child's reading ability?

It could be due to uncorrected sight, poor eye coordination and/or focussing or difficulties in viewing pages of text - sometimes known as visual stress.

These problems can be found in children and adults with specific learning difficulties such as dyslexia, they can also affect those without specific learning difficulties.



Symptoms may include:

blurred text

words appearing to move

text appearing to shimmer

words fading then reappearing

illusions of colour may be seen within the text

individuals may also experience sore eyes or headaches

individuals may have difficulty following sentences and may lose their place whilst reading

See over for a simple reading assessment you can do with your child.

Once a problem has been identified, refer them to Benjamin Opticians for further assessment.

Firstly, a binocular vision test will be carried out to look for anomalies or trouble with focussing and movement of the eyes. These can be treated with eye exercises or vision correction with glasses or contact lenses.

If visual difficulties persist, a coloured overlay assessment can be performed. This is done by using a series of computer based reading tests to identify which, from a set of coloured acetate overlays, best improves the child's reading and/or visual comfort.

If overlays prove effective, a Colorimetry assessment is recommended, which refines the colour best suited to the child, using a sophisticated Colorimetry machine. This can further improve the child's reading and coloured spectacles can be made up in the correct tint, shade and hue for ease of reading computer screens, white board and posters around school. These too can be applied to prescription lenses.

Visual stress may coexist with Dyslexia. Whilst we are able to alleviate the symptoms, of visual stress, we are not able to assess or treat Dyslexia or any other specific learning difficulty.

 **Benjamin**
OPTICIANS

Eye care excellence for over 65 years

23 Newmarket Street, Skipton BD23 2JE Telephone 01756 792933

Reading assessment

come see the play look up is cat not my and dog for you to
the cat up dog and is play come you see for not to look my
you for the and not see my play come is look dog cat to up
dog to you and play cat up is my not come for the look see
play come see cat not look dog is my up the for to and you
to not cat for look is my and up come play you see the dog
my play see to for you is the look up cat not dog come and
look to for my come play the dog see you not cat up and is
up come look for the not dog cat you to see is and my play
is you dog for not cat my look come and up to play see the
cat for the you not up my dog see to is come play look and
see you dog for is cat look play my the up and come not to
look cat see my and dog the is play come not for to you up
my see is the come play look for and up to cat you dog not
and you cat look to see not my dog the for come is up play
dog to and play up come you the not is cat look for my see
the play look cat see up come for my you and not is to dog
for to not you come play the look cat see is dog up and my
you dog and for up not see my cat is the play come to look
come not and to see you is play look up the cat dog my for

When you read: -

	Never	Sometimes	Always
1. Do the letters or words go fuzzy or blurry?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do the letters or words move?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you see the letters or words twice, such as side by side or on top of each other - 'double vision'?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you get headaches when you read?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Does reading make your eyes hurt or sore?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you get tired after a few minutes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you see lights or colours around letters or words?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Does reading make your eyes water or make you want to rub them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you lose your place when you read?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If the answers to one or more of these questions show that the child is struggling, it may be an indication of a problem. Book in to our Vision and Reading Clinic by calling 01756 792933 to make an appointment with one of our Optometrists.

www.benjamin-opticians.co.uk