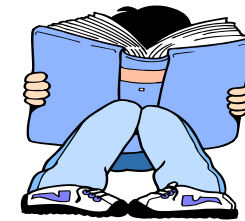




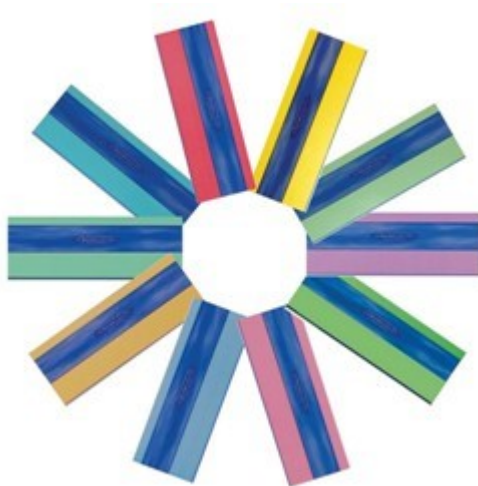
# Visual Stress Screening Reading Ruler



Irlens Syndrome website [www.irlen.org.uk](http://www.irlen.org.uk)



*"Striving for every child to achieve their full potential."*



Information for parents written by

Mrs C. Rigden and Mrs C. Stanton

# What is Visual Stress

Visual stress also known as Meares-Irlen syndrome, can interfere with reading . It makes prolonged exposure to print uncomfortable and can be associated with headaches and migraines, eyestrain, and words or letters appearing to "jump" or move on the page. Research has shown that around 20% of the population suffer to varying degrees from visual stress. Reading through a ruler of the right colour can reduce the symptoms or remove them altogether.

Godinton Primary School carries out a basic initial assessment for providing a reading ruler for children who present with symptoms of visual stress. If you wish for your child to have a more formal assessment to diagnose visual stress (Irlens Syndrome ) it is recommended to go to an Irlens Syndrome centre or Brownbill's and Cargills Optician in Ashford offer a colometry (visual stress) test, this is not available on the NHS. Brownbill's Optician (01233) 625360  
Cargill Optician (01233) 620597  
For more information please see their website

## Symptoms of visual stress:

- ◆ **Movement of print**- movement of words from side to side or up and down.
- ◆ **Blurring of print**-print which is small and closely spaced with high contrast black ink on white paper causes most problems.
- ◆ **Tiredness**- nausea, dizziness, eye discomfort or even pain. Frequent headaches.

## Recognising signs of visual stress:

- ◆ Starts reading well but with rapid deterioration.
- ◆ Blinks, squints and rubs eyes frequently.
- ◆ Seems to tire quickly, yawns frequently.
- ◆ Comes close to the page or reads bent over the page.
- ◆ Often loses place when reading.
- ◆ Fails to notice punctuation.
- ◆ Reads in a jerky, hesitant manner.

**Doesn't like reading for long or avoids reading altogether.**

## Opticians

An examination by an optometrist is recommended, to check there are no underlying eye problems.

## Coloured Reading Ruler

The coloured reading ruler is a small tinted strip with tracking lines on it. Laying it over the print to read can stop eye strain and words jumping around, alleviating the symptoms of visual stress.

## Care of a reading ruler

The reading ruler scratches easily, please keep it protected and flat in its slip bag when not in use.