

While you wait for the evaluation

These simple changes lighten the load on tired eyes. They support your child; they don't treat the problem, so they're not a reason to wait. Note which ones help. That tells us a lot.

At home

Short sessions. 10 to 15 minutes of reading, then a 2-minute break looking at something far away.

A line marker. An index card or reading window under the line.

Good light, good posture. Work at a table, book about a forearm's length away.

Take turns reading aloud. Keep the story going without the struggle.

Audiobooks for pleasure. Keep the love of stories alive.

Homework early. Before eyes and brain are worn out for the day.

At school

Copy from paper, not the board. A printed copy on the desk.

Less clutter. Larger print and fewer problems per page.

Seat facing the board, near the center of the room.

Extra time for reading, copying and tests.

Oral answers when writing isn't the skill being tested.

Graph paper for math to keep columns lined up.

Keep notes for your visit

Minutes before it gets hard

Which tasks are hardest

What helped

See a doctor today for sudden double vision, a new eye turn, or eye pain.

