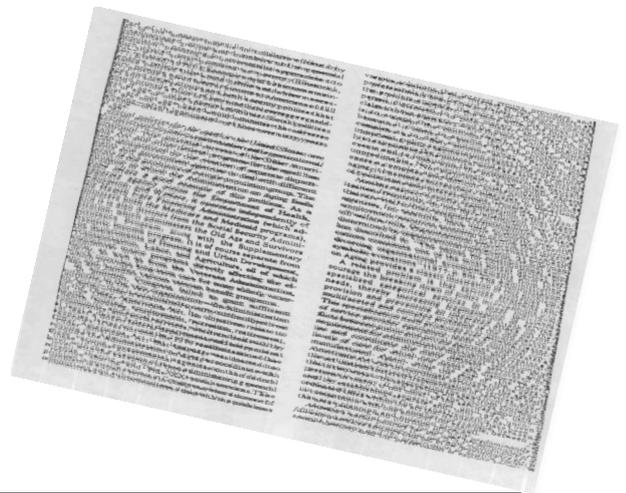


IRLEN SYNDROME

What is Irlen Syndrome?

Irlen Syndrome is not an optical problem. It is a problem with the brain's ability to process visual information.

What are the symptoms of Irlen Syndrome?



<p>GENERAL PROBLEMS</p> <ul style="list-style-type: none"> • Strain working under bright lighting • Difficulty finding comfortable lighting • Poor concentration • Lack of attention • Strain working at a computer • Glare from bright objects • Eye strain • Headaches from:- reading, computers, lighting, TV, supermarkets 	<p>READING</p> <ul style="list-style-type: none"> • Poor comprehension • Skips words or lines • Reads slowly or hesitantly • Loses place • Takes frequent breaks • Avoids reading • Eye strain
<p>JUDGING DISTANCES</p> <ul style="list-style-type: none"> • Clumsy • Accident prone • Bumps into things • Difficulty catching small balls 	<p>OTHER PROBLEMS</p> <ul style="list-style-type: none"> • Difficulty with number columns • Difficult reading music • Difficulty writing on a line • Unequal spacing when writing

How might Irlen Syndrome affect my child's school work?

Irlen Syndrome can affect many different areas, including:

- Academic and work performance
- Behaviour
- Attention
- Ability to sit still
- Concentration

How can parents support students with Irlen Syndrome?

Using tinted/coloured glasses or coloured overlays - may help if:-

- Your child experiences difficulties with attention and concentration when doing reading, homework, or other academic tasks.
- Problems concentrating when reading or writing
- Easily distracted when reading or writing
- Easily distracted when taking tests
- Problems staying on task when reading or working

- Problems starting academic tasks and homework
- Daydreams in class
- Your child has more problems focusing or staying with academic tasks when working under bright or fluorescent lights.

What can be done at school to support students with Irlen Syndrome?

- Supporting the use of coloured overlays in both class work and assessments
- Encouraging students to wear prescribed tinted glasses – if they have them
- Where possible reducing the brightness of lights in classrooms
- Refocus students who become distracted/lose concentration