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Home Checklist for: \_\_\_\_\_

Vision Training is eye therapy to improve vision used for reading and learning.

It is most successful when problems are seen and understood by both parents and treated in a timely way.

**Do you or your child notice any of the following?** (Note: many of these symptoms fall into more than one category)

Prescription/ Eye Focusing Problem

- Blurry vision
- Eyes Hurt
- Eyestrain, fatigue, headaches
- Difficulty focusing near/far (copying from chalkboard)
- Frowns/squints or Facial tension
- Red eyes or lids
- Excessive watering of eyes or Eye rubbing
- Head close to paper when reading/writing
- Reading comprehension decreases with time

Eye Tracking Problem

- Skip words when reading
- Must reread to understand, especially when tired
- Use finger or marker when reading
- Loses place when reading
- Head movements when reading
- Motion Sickness/Car Sickness

Eye Teaming Problem

- Reports words are double or moving when reading
- Cover or close one eye when reading or writing
- Tilt or turns head
- Awkward posture when standing/reading/ writing
- Eyestrain or fatigue, especially at end of day
- Letters or lines "float" "run together," or "jump around"
- One eye turns in/out (Ask us for a separate questionnaire.)

*Note that a sudden eye turn is a medical emergency - call 911*

Behavior Problem

- Tired" all the time, resistant to homework
- Lazy, not trying hard enough
- Short attention span, distractible or loss of interest
- Frustrates easily
- Acts silly, clowns around at school or when asked to read
- Hyperactive: won't settle down to work at home/school

Visual Motor Problem

- Write or print poorly (crooked, poor spacing, up/down)
- Writes neatly but slowly
- Awkward pencil grip
- Poor eye-hand coordination
- Clumsy, accident-prone (i.e. walks into doors)
- Difficulty judging distances or objects
- Dislike/avoid sports

Learning Related Visual Problem

- Slow reader
- Confuses letters or words or guesses at them
- Difficulty recognizing same word on different page
- Poor handwriting
- Poor ability to remember what is read, poor memory
- Seems to know material but does poorly on tests
- Reverses letters and numbers
- Learn better when "hear" the information
- Vocalizes or moves lips when reading silently
- Difficulty following instructions
- Poor time management, always running behind
- Homework takes forever to complete
- Confuse "right" and "left"
- Difficulty attending to detail
- Smart child but doesn't do well in school
- Dyslexia
- Tutoring, Therapy isn't helping!

Other behaviors you might not have thought to be visual:

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You are welcome to call our office to discuss any questions. (512) 419-1212 or visiontrainersb@yahoo.com