

We all know how important vision is. Through vision we take meaning from the world around us and we are guiding our actions. Is it the "How clear do I see?" aspect of vision that counts more? The answer is definitely NO. There are many more skills that we must have learned through the stages of human development.

For children, well developed vision skills are even more important. The school environment is very demanding on their vision. Most of the kids with a Learning Related Vision Problem (LRVP) can see clearly at any distance. However, they cannot use their eyes in a coordinated way so they might see double, or they are unable to sustain their attention for long on a book because they cannot focus well and they thus occasionally see blurry. They cannot move their eyes smoothly over a page and they lose place often, nor are they able to coordinate vision with hand

movements so they write all over the page. They lack the fundamental control of their bodies so they cannot coordinate vision with movement and they look clumsy avoiding ball games or playing with other children. Avoidance from reading, writing, sports or other demanding tasks is a very frequently seen indicator.

Other signs of a LRVP are:

- Holding book close to face
- Closing or covering one eye
- Eyes frequently reddened or tired
- Excessive eye rubbing
- Reads with a finger
- Omitting small words in reading
- Losing place in book
- Head tilt or distorted posture
- Difficulty copying from board
- Poor memory of words
- Poor body coordination
- Bumping into things
- Low attention span

When a child has trouble coordinating his/her eyes together or focusing well, he/she might experience symptoms such as:

- Double Vision, an object, word appears double
- Blurry vision, fluctuations of clear and blurred vision when studying
- Headaches after reading or other close distance work
- Eyes hurt or tired, general feeling of pressure around the eyes

Most children do NOT report those symptoms to their parents. Having no basis for comparison they think that everyone sees or feels this way and they just develop a negative attitude towards demanding tasks.

Other aspects of visual functioning include the child's ability to process quickly and hold visual information of shapes, forms, letters and words.

On the higher level of visual thinking the child must be able to use the power of visualization (manipulate visual images inside his/her mind) for reading comprehension, spelling, math, spatial organization.

What is Vision Training/Therapy? Optometrists, for many years, have been developing remediation programs for the kids with LRVP. Since Vision is a process that integrates many aspects of human sensing and movement, remediation of visual weaknesses involves many more things than just the eyes. Through Vision Therapy the child has the necessary meaningful experience to develop new skills. Body awareness and effortless movement (balance, sense of body in space), space organization (where things are in space in relation to me?), and coordination with eye movements and focusing skills are just a few things that the child with a LRVP will learn.

### Testing for LRVP

An Optometrist specialized in developmental/behavioral vision care has the knowledge and background to perform a very thorough testing of vision functioning. This testing methodology can last almost three hours, evaluating areas like: eyes coordination and focusing skills, eye movements, eye-hand coordination, visual motor integration and visual thinking skills.

### Sources

Please visit the College of Optometrists in Vision Development for more information:

[www.covd.org](http://www.covd.org)

Fotis Velissarakos,  
Behavioral Vision Care Optometrist  
[www.visiontraining.gr](http://www.visiontraining.gr)

## Does your child have a Learning Related Vision Problem?



Important information on how to identify kids with a vision problem that interferes with school performance

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