IRLEN Syndrome

Does your child/children do the following:

- read under dim light?
- reads at a slow rate?
- avoids reading?
- eyes become watery or dry when reading?
- finds it difficult to understand and remember what has been read?
- Writing goes up or downhill (not on the line)?
- Errors when copying?
- Easily distracted or fidgety?
- Needs breaks when reading or writing?

These are just a few of the symptoms of Irlen Syndrome.

So what is Irlen?

It is a problem with the brain's ability to process the visual information it receives. This means an individual may "see" images on top of another, letters moving (forming shapes), blurring or forming strange patterns (distortions). In less severe cases, the misperceptions may not be obvious to the reader; however, the brain uses more energy than most people.

What can we do?

A screening test can be done at school whereby students use different coloured overlays to see how the brain processes light. Once the proper coloured combination is determined overlays can be placed over students work when reading to support the brain's function in filtering light. Coloured paper can also be used for writing to stop distortions.

It should be noted this is not a 'cure' for children who are having troubles reading and writing, however if your child does have Irlen's syndrome the coloured overlays can help support their learning. If the problem is severe then coloured lenses within glasses can be sort through further professionals.

If you have any questions about this or would like your child to be screened, please contact Lauren Howell Special Education Teacher.