

# Eye-Tracking Guide

DM Ed's top tips and tricks to resolve eye-tracking issues

## The Exercises

### Follow the Finger

1. Stand or sit with one arm straight out in front of you, with one finger sticking upwards towards the ceiling.
2. Focus on the nail on that finger.
3. Now move the finger slowly around in an 18" circle (as if you're painting a circle on the ceiling). Focus on the nail as the finger moves closer and further from your nose.
4. **KEEP YOUR HEAD STILL!**  
Move the eyeballs only.

### Corner to Corner

1. Pick two points and flick your gaze back and forth between them a few times. The points might be pictures on a wall, or the corners of a doorframe.
2. **KEEP YOUR HEAD STILL!**  
Move the eyeballs only.

### Prescription: Practice!

**The 10-10-10 Rule:** 10 times a day, do a mix of 10 circles and corners, for 10 days. It only takes about thirty seconds per session and can have transformative effects.

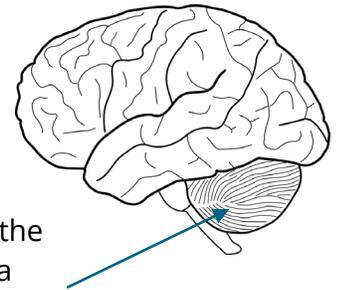
Maintain 3-4 sessions a day for a few months thereafter.

## The Science

Weak eye-tracking is likely to blame if you see your child reading single words but struggling with a sentence, having difficulty reading smaller font sizes (with no eyesight issues), or skipping words.

As you read text on a page, your eyes focus on a word or group of words and then jump to the right to view the next group of words. Each jump is called a saccade. This saccade movement is probably the most complex and delicate muscle movement that the body does. Around 25% of strugglers have some level of difficulty with it.

At the back of the brain is a region of cortex called the cerebellum. It contains half the neurons in the entire brain. The cerebellum controls motor neuron outputs, so is responsible for precise physical movements. It operates the movement of your eye muscles through a feedback loop.



When this neural feedback loop is weak, or the eye muscles themselves are, then weak eye-tracking, poor convergence, and other visual difficulties can arise.

The good news is that the problem is usually easy to fix with some simple tune-up exercises.

If you do the exercises as directed and still see no improvement, then we would recommend visiting a specialist to confirm there are no other visual complications. Get in touch for a recommendation.

**TOP TIP** Omega 3 oils can have a positive effect when there is a visual weakness. Increase the child's intake of foods like fish, eggs, and rapeseed, or use a high quality supplement.

**TOP TIP** Don't rely on your memory to get the exercises done. Set an alarm on your phone throughout the day! You will see some results at a minimum of 5 sessions a day, but not less than that.