

Boosting Eye Tracking Accuracy

Lots of children find reading small text hard, even though they have been for an eye test. The key symptoms are increased inaccuracy and skipping of words when the font size is too small.

If you see those patterns, keep the text big and get your child to follow this routine:

The Exercise

The exercise is very simple. Ask your child to follow this process::

- 1 Sit and hold an arm out comfortably in front of you.
- 2 Point a finger at the ceiling and stare at a the middle joint intently
- 3 Hold the stare for 12 seconds, but stop if it becomes uncomfortable.
- 4 If it feels easy, slowly move the finger left and right by the width of an iPad.
- 5 Keep tracking the finger, while keeping your head still.
- 6 Always stop after 12-15 seconds and take a break.

The Routine

Each session should have three repetitions. So 12-15 seconds, followed by a break of 10-15 seconds, then another 12-15 seconds of exercise, then a second break and a third exercise.

And the aim is to do three sessions each day for ten days.

We recommend doing it when brushing the teeth morning and evening and once when visiting the bathroom during the day.

Tracking

The most essential thing to track is the smallest font that is comfortable for your child to read. This will vary through the day a bit, so we are just looking to see small fonts becoming generally easier to read over time.

It is also good to keep a chart tracking the number of sessions done.

When thirty sessions have been done over 10+ days, put in the codeword TENTENS.