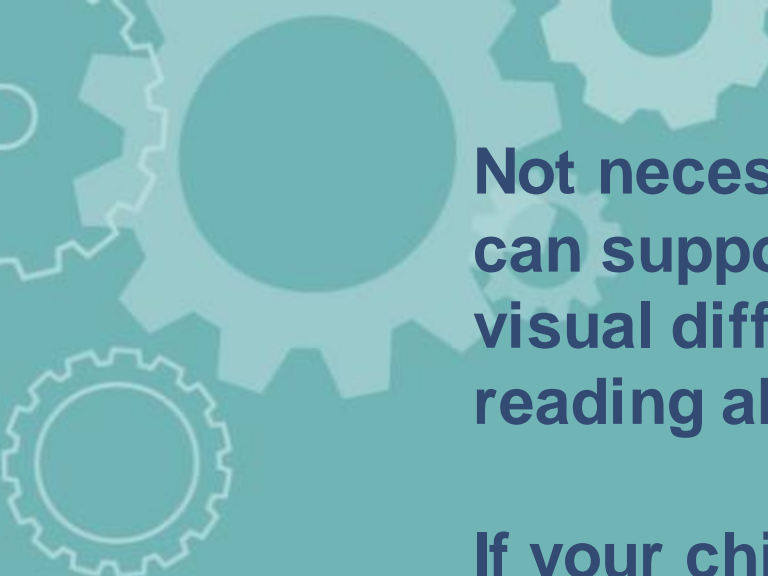


# Dyslexia - FAQs



**“If my child has dyslexic difficulties, does that mean he/she needs coloured overlays or tinted glasses for reading?”**





**Not necessarily. Coloured overlays and tinted glasses can support some people with visual difficulties, however visual difficulties are found across the whole range of reading abilities, not just people with dyslexia.**

**If your child is experiencing any difficulties listed below, it is advisable to book an appointment with an Optometrist, who can diagnose visual difficulties:**

- **words ‘moving’ on the page when they read**
- **difficulty reading black print on white paper**
- **tracking when reading (losing your place or skipping lines)**

**An eye health assessment by a qualified professional is a first priority when people experience any visual discomfort and/or disturbance.**



**An Optometrist can carry out a full test to diagnose the nature of a visual problem:**

- **whether it relates to visual sensory/visual perception (visual disturbances or discomfort)**
- **refractory (causing eye strain, squinting, blurred vision)**
- **ocular-motor difficulty relating to how the eye muscles work together (which might cause blurring, words ‘moving’, or tracking difficulties).**

**Many symptoms labelled as ‘visual stress’ are often actually caused by refractive or ocular-motor problems.**

**For further information visit**

**<https://resources.pembsinclusionsservice.wales/dyslexia/>**

**or contact the Parent Partnership Service**

**pps@pembrokeshire.gov.uk**

**01437 776354**

