

Further Information

If you require any further information please contact:

The Orthoptic Department 01744 646816

Specific Learning Difficulties Clinic Tracking

Patient Information Leaflet

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

What is tracking?

Tracking is the ability to make your eyes follow information and then process it in your brain to get the correct meaning.

Eye tracking is broken down into three sections:

- Fixation
- Saccades
- Pursuit

Eye tracking exercises can improve the way that the eyes look from one word to the next when reading and when moving down to the next line of text.

When reading, children with tracking problems may lose their place, skip or transpose words. They usually have difficulty with comprehension and may use their finger to follow the line of print. Copying instructions from the board or books can also be difficult.

A child may not experience difficulty when they first start school but develop problems as they move up the school. This is because as they move up the school, the print gets smaller and there are more words on the page.

Exercises

You will have been given work sheets by your Orthoptist for your child to work through. These should be done daily. You can also choose to try some of the below games instead.

- Dot to dot.
- Mazes.
- Word searches.
- Tetris.
- Letter searching - Using books or newspapers you can ask your child to look through the print and cross out a certain letter. For example, 'o'. Then this games can be repeated searching for a different letter. Please use horizontal scanning only.
- Or you could use apps like Bubble shooter or the exercises on the website eyecanlearn.com.

We cannot be held responsible for the content of any websites you may explore but to the best of our knowledge these games are suitable for young children. Other Recommendations:

- Ensure your child keeps his/her head as still as possible when reading.
- Allow extra time for your child to copy anything. They will find it very hard to find where he/she is up to.
- Allow the child to use a reading window or ruler.