

## **Struggling To Read: The Irlen Method May Be The Solution**

I consider myself the luckiest person in the world. I love my job. Teaching since 1963, I thought I “knew at all.” However, two years ago, because of one little girl who was NOT learning, I discovered the missing piece of the puzzle, the Irlen Method. What a blessing!

This problem can manifest itself with different symptoms in different students; and many students are being misdiagnosed with dyslexia, AD/HD, or reading problems. Problems appear when reading black numbers or words on white paper. At first I thought that this only affected children who couldn't learn to read, but now I know that it can also prevent students from using their reading skills to learn. The problem is called Irlen Syndrome, is inherited, and causes letter, words, numbers, and even musical notes to be difficult to see because they may become fuzzy, unstable, move, or disappear. Problems may not happen when the student first starts to read; but the longer the student reads, the more difficult it becomes...slower, more errors, choppy, missing words, or problems tracking. Some students experience headaches, eye strain, and stomachaches but think it is normal and don't tell you. When you notice that your child is struggling, ask what the page looks like and if their eyes, head, or stomach bother them. I found out that even young children can tell you what is happening if you ask them.

This is not a visual problem and cannot be corrected with normal eye glasses. The brain is having a problem correctly processing what is seen. This type of processing problem can affect not just reading and math, but all academic areas and even depth perception and sports performance. The only way to correct the problem is with the Irlen Method which uses colored overlays and Irlen Spectral Filters customized for each individual's unique brain. To find an Irlen Tester near you and for more information, visit [www.irlen.com](http://www.irlen.com) or see *Reading by the Colors* and *The Irlen Revolution: A Guide to Changing Your Perception and Your Life* by Helen Irlen. You may be surprised at what you find out.