

## Visual Stress and Dyslexia – Free Online Event

Does your child experience difficulties when reading including headaches, discomfort with page brightness or moving or blurred text? Do you think your child may be showing signs of visual stress but are unsure what to do to help? Or would you like a better understanding of what visual stress is as well as its associations with dyslexia?

Join Dyslexia Sparks' free online support session – **Thursday 7th July 10-11am** – for a special focus on visual stress and dyslexia.

This session will be of interest to any parents/carers and teachers wanting to gain an understanding of what visual stress is and the signs and symptoms that can indicate a child is experiencing visual discomfort when they read.



Led by Dyslexia Sparks' Senior Specialist Tutor and Assessor, Sam Buttle, the session will feature guest speaker Roger Smyth, Clinical Optometrist, Andrew and Rogers Optometrists. The session will cover

- the associations between visual stress and dyslexia
- the signs and symptoms of visual stress
- what happens during a visual stress test
- some of the ways that visual stress can be alleviated

Dyslexia Sparks is Hull and East Yorkshire's only registered charity for dyslexia and associated specific learning difficulties. The session is held as part of our free, monthly online parent support group which often features particular topics and guest speakers.

Places are free but limited and must be booked in advance to receive the online meeting link to join live. All registered attendees will automatically receive a recording of the session – so if you can't join live, you can watch on catch up.

For further details and to book, please visit our [Eventbrite page](#) or contact us directly at [nicola.markham@dyslexia-sparks.org.uk](mailto:nicola.markham@dyslexia-sparks.org.uk).