

## **Vision Therapy**

### **Pre-VT Experience**

Audrey started first grade in the fall. Her reading had basically stagnated since the last part of kindergarten and over the summer. She could read most of the high frequency words - but even guessed on those occasionally, and seemed to struggle reading anything beyond very simple books, and had little desire to practice. She was very easily frustrated. We struggled through those first few months of trying to read and I didn't notice any real improvement in her reading since kindergarten. In fact, we increasingly struggled to even get her to read. There was a lot of crying, avoiding, resisting, and just general trauma associated with reading!

Audrey's teacher also noticed that she would frequently lose focus and space out or gaze off in class and she had a hard time getting her work done in the time allowed. Audrey had had several basic vision tests, the basic screenings, and a visit to the eye doctor before kindergarten. She had always had 20/20 vision, so we had little reason to believe that the problem was with her eyes. One day she did comment that she liked a book we had gotten that had bigger words because it was easier to see, and another day she complained that she couldn't see the words when we were reading. I decided to give it one more try before exploring other potential issues. We went to see Dr. Eddy and when he heard she was having trouble reading, he went beyond the basic eye exam to do a more thorough test and discovered a few issues and referred us to Brighter Future Vision Clinic.

### **VT Experience**

Audrey was very shy at first and barely made it through the first series of tests. After a few sessions of therapy though, she relaxed and since then she gets excited and really enjoys going to her therapy sessions in the office.

The home therapy schedule that Kevin outlined for us actually helped us to come up with a really good schedule at home that kept us on track for a good balance of outside time and homework. Audrey had some ups and downs as far as fighting us on doing the home therapy - especially when she was tired, but after the first few weeks it was part of our routine and we rarely had issues with it. She also enjoyed switching to doing more of the games later in the program.

### **Post VT Experience**

The biggest improvement has been in Audrey's reading, and even more importantly, her willingness to read! About 3/4 of the way through the first unit, Audrey started just making huge progress in reading. When we first started Vision Therapy, we had taken Audrey back to very simple books, with sight words and as few words per page as possible to try to alleviate frustration but still keep her reading a bit. Several weeks into therapy, she all of a sudden started reading more grade level books - and seemed to just fly through them. Since then she has made steady progress in reading and is now reading slightly above grade level. Best of all, she says she loves to read and does not fight us when she has to do her 20 minutes of reading! Of course, being able to read with ease has helped in other areas of school also, since all of it involves reading. She seems to be getting her work done most of the time, and her teacher has not noticed her gazing off or "daydreaming" for awhile.

We had a great experience with Vision Therapy and BFVC. Audrey came to really enjoy and look forward to the office sessions, and after working through a little resistance, she got really good at doing her home therapy also. I like the thorough testing and looking at the results - it was also helpful in talking with her teacher and trying to figure out how to help her succeed while we were working on these issues. I would definitely recommend vision therapy to others, I don't even want to think about what would have happened if we had not discovered it. The beginning of Audrey's first grade year was awful and stressful (for Audrey and the rest of the family!) and once we knew what the problem was and had a solution, things improved drastically.