



Focusing Problems

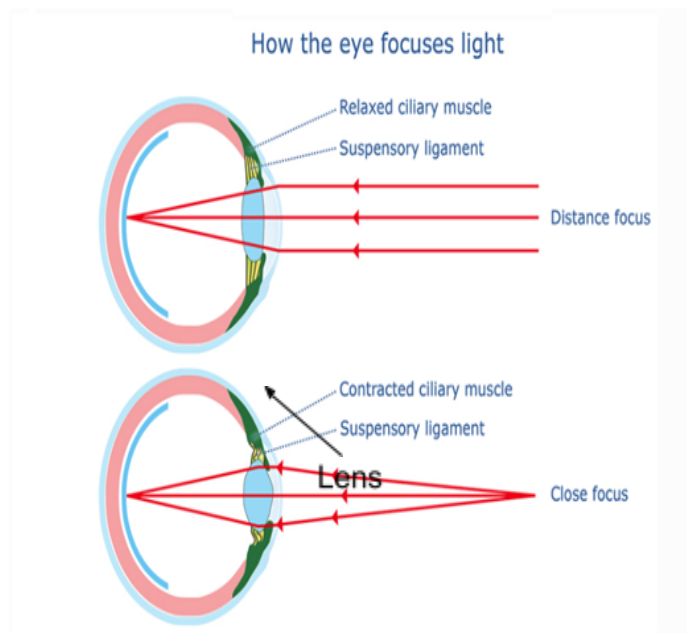
Our eyes have an automatic focusing system which adjusts the lens inside our eye in order to see clearly at all distances. When we look far away, up close, and back again, our eyes change focus rapidly to allow us to see things clearly at all distances. If there is a problem in how easily or quickly our eyes focus, that visual problem is called an accommodative dysfunction.

Normally, children have a large amount of focusing capacity. However, some children do not have the ability to maintain focus for a long time while reading, or they may be unable to quickly change the focus of their eyes from near to distance to near, etc.

Accommodative dysfunctions can cause:



1. Blurred Vision
2. Reduced accuracy
3. Posture and viewing distance adjustments
4. Inconsistent work
5. Reduced efficiency and productivity
6. Difficulty maintaining clear vision
7. Difficulty shifting focus from one distance to another
8. Visual discomfort and eye strain
9. Pain in or around the eye
10. Headaches
11. Avoidance of reading and writing
12. Difficulty with visual concentration and attention
13. Fatigue



References

COVD. (2018, December). *Focusing Problems*. Retrieved from College of Optometrists in Vision Development: www.COVD.org/focusing
How the eye focuses light. (2017-2018). Retrieved from Science Learning Hub: www.sciencelearn.org.nz