

# Nystagmus



**What is Nystagmus?** This is a condition where the eyes wobble all the time. The movement of the eyes can be large or small, fast or slow. Nystagmus usually involves both eyes and can change when looking in different directions. The position of the eyes where the Nystagmus is least may be called the 'Null Point'.

**What can be done to help?** There is no cure for Nystagmus. However, there are ways to help the child get the best out of their vision.

- Your child may need **glasses**. These should be worn as advised by your child's Orthoptist, Optician or Eye doctor.
- In a few cases, when there is an extreme head posture, an **operation** can be done to move the 'Null Point' to a more comfortable viewing position. But this will not correct the child's level of vision.

## How can parents, family, friends and teachers make a difference?

- If your child wears glasses, make sure that they wear them when needed and as prescribed.
- Abnormal Head Posture. **Do not straighten their head.** Position them so they can use their null point in whatever they do. For example, if the null point is looking to the right, the child needs to be positioned to the left of what they're looking at.
- For some children, adaptation and **modification of curriculum materials** may be necessary e.g. large print desk copies of board work and adapted ICT display.
- Tiredness. Be aware that vision can become worse when your child is tired or ill. Allow the child to have **rests or breaks** if this happens.

## **Contact us:**

### **Vision Support**

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