

## 6 Common Myths About Visual Processing Issues

By The Understood Team

Visual processing issues get confused with [dyslexia](#). Sometimes they're (incorrectly) associated with the kind of vision problems that get tested with an eye chart. Here are six common myths about [visual processing issues](#)—and the truth about each.



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### **Myth #1: Visual processing issues can be fixed with glasses.**

**Fact:** Visual processing issues are not the same as vision problems. In fact it's possible for a child to have 20/20 vision and still have visual processing issues. "Seeing" is much more than reading letters on an eye chart. Visual processing refers to the way the brain perceives and processes what the

eye sees. There are several types of visual processing issues that can result from problems interpreting this information—and they can't be fixed with corrective eyewear.



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## **Myth #2: Visual processing issues and ADHD are the same thing.**

**Fact:** Attention-deficit hyperactivity disorder ([ADHD](#)) and visual processing issues are very different. It's understandable, though, that some people get them mixed up. Kids with visual processing issues can be easily distracted by information on a messy blackboard. They might confuse symbols like + or × in math class and have trouble focusing as a result. Distractibility and trouble with focus is commonly seen in kids with ADHD, too.



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### **Myth #3: Kids with visual processing issues just need to try harder.**

**Fact:** Academic difficulties related to visual processing aren't the result of laziness. People with visual processing issues interpret what they see in ways that are different and often inefficient. This causes trouble responding to certain aspects of traditional instruction, such as taking down notes from the board. Even slight adjustments in classroom practice—the teacher reading information from the board aloud, for example—can help kids with visual processing issues be successful in school.





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## **Myth #4: Kids will grow out of visual processing issues.**

**Fact:** While characteristics of visual processing issues may change over time, the issues themselves don't simply go away. Visual processing issues—although not related to IQ—are based in the brain. Kids with visual processing issues will have them throughout life, but these issues are in no way a prescription for failure! With the right support, kids with visual processing issues can achieve great things at school and throughout life.



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## **Myth #5: Kids with visual processing issues are just clumsy.**

**Fact:** Kids with visual processing issues often have trouble judging distances or organizing themselves in space. As a result, they might seem prone to bump into things or set things down too close to the edge of a table. The resulting lost pencils, missing papers and broken bowls and mugs might make it seem like children with visual processing difficulties are “just clumsy”—but they’re not.



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## **Myth #6: Visual processing issues and dyslexia are the same thing.**

**Fact:** Visual processing issues and dyslexia are not the same thing. But they do share some features. For example, kids with visual processing issues might have trouble differentiating between similar-looking letters or numbers. Kids with dyslexia may experience this, too.



## 4 Key Symptoms of ADHD

Is your child easily distracted? Impulsive? Daydreamy? Hyperactive? If your child acts some of these ways most of the time, what you're seeing may be signs of ADHD, a medical condition that can be helped through a variety of strategies.

## 6 Books to Help Young Kids Build Math Skills

When math is presented in a story, children can build number sense and other math skills in imaginative ways. It can also motivate and engage kids who love books but lack confidence in math. These six books, mainly for kids grades Pre-K–3, can get your child excited about math. They can help your child see how numbers, patterns and shapes are everywhere we turn.

*Understood does not endorse or receive financial compensation for the sale of any of these products. To find more books for your child, explore the Book Finder tool from Understood founding partner Reading Rockets.*

### About the Author



**The Understood Team** is made up of passionate writers, editors, and community moderators, many of whom have children who learn and think differently.

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# Chat With an Expert



**Mon Jul 15 at  
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