**Letter Fixation**

**Method**

Attach the letter chart provided to a wall at the child’s eye level and have them stand about one metre from the chart.

Have the child read aloud the first and last letter of the first line. The child proceeds down the chart by calling out the first and last letter of each line.

The child then repeats the above step by calling out the second and second last letter of each line, the third and third last letter of each line and so on.

It is important that the child’s head remains still at all times. A small beanbag or a book balanced on their head will encourage this.

Next, whilst performing the above steps have the child point to the letter they are reading with their opposite hands. i.e. the right hand points to the first letter and the left to the last; the right hand points to the second letter and the left to the second last, etc, etc.

Once the child can complete arm movements have the child incorporate foot movements. Have the child step forward with the foot on the same side as the letter, i.e. the child points to the first letter with the right hand whilst stepping forward on the left foot and the child points to the last letter with the left hand whilst stepping forward on the right foot.

After a while the child should be able to keep their place on the chart under a variety of difficult conditions.