

for the child with low vision

HELP YOUR CHILD SEE MORE EASILY

Simple changes to the objects the child is using or the environment in which the child is doing a task, can encourage the efficient use of vision. Encourage children to use their vision through the day, in all that they do. Supporting their use of vision in everyday activities is more effective in helping children develop good visual skills than “vision training” sessions. Here are some suggestions to help this girl in stringing the beads.

Modify the objects

Finding the right size

First consider what the child needs to see in order to perform the task. It may not be necessary to change the size of all the objects the child uses. In this task, we could make the beads larger or only the hole, we could make the thread thicker or only the tip.

REMEMBER! Some children see better if they use smaller objects. Making things bigger doesn't help all children!

Using contrast & colour

Watch her and see what she has trouble doing.

- Is it in locating the bead? Try choosing bright colours or placing a contrasting cloth on the ground so she can find them easily.
- Is it in locating the hole? Just paint the hole & outline it with a colour that contrasts with the bead.
- Is it in keeping the string visible? Make the end of the string a bright colour, so she can easily keep sight of it.



Modify the environment

Light

Some children can see better if we change the light in the room or on the work or play area.

Try using different kinds of light – daylight, neon, yellow light (incandescent)

See if it helps if it is focused on the work space or simply if the room is made brighter.

Is the child squinting? There may be too much light reflected into the eyes. Using dark colours on the floor or table may help.

Position of child & objects

If the child is hunched over her work, needs to turn her head to see better or strain to hold her balance, it will be very difficult to use her vision efficiently and for a long time. Change the height and angle of the table or chair so that she is working without strain and you will see and improvement in her use of vision.

Clutter

Sometimes, just by keeping the number of objects around the work or play area to a minimum, or spreading a mat with no patterns on the ground, we can help the child locate the things she needs better.

Modify the activity

REMEMBER! Letting the child play or work without your help is important. It is never too early to give them that feeling of competence.

If the task is too difficult, change it a little, so that she can succeed by herself. For example, instead of a thread, let her use a stiff wire or a stick fixed in a block of wood to make it easier.