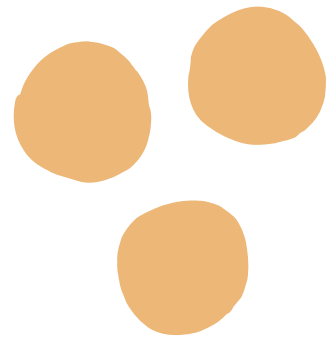
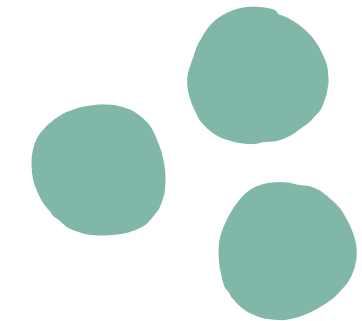




Strategies to improve VISUAL BEHAVIOURS

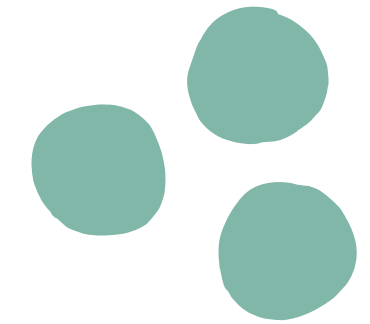
Developed by Orthoptics Department (SNEC and KKH)

Aim: Learn to use vision effectively as a supportive sense in each life activity area



(version 1.1 - nov25)

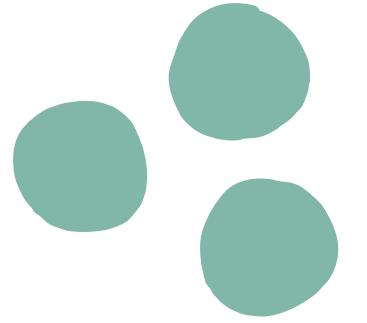
“



These are some suggestions on things you can work on with your child. Based on your child's assessment, the Orthoptist would have set some goals with you to work on. Please select the goal(s) accordingly in the next page.



CONTENT



1

Fixation or
Visual Awareness

2

Visual Attention

3

Fix and Follow
or Tracking

4

Look and Reach

5

Visual Recognition

6

Movement related
to Visual Field

7

Complex
Visual Task

8

Encourage use of
other senses





Aim:

To be aware and able
to look at target

Fixation or Visual Awareness STRATEGIES



**Options for targets
to encourage
looking:**

- Lights, or lighted toys (without sound)
- High contrast toys (black, white, red)
- Coloured toys (look out for any red or yellow preference)
- Reflective surfaces (mirror, pom poms)

Take note:

- Vary the objects used to find out what your child prefers
 - Present familiar toys to encourage longer looking
- Observe for interest:
 - change in behaviour
 - more consistent "looking"
- Include in daily activities like when feeding, playing
 - E.g. while feeding: place shiny paper or bright coloured or black striped sock on bottle



Aim:

To be aware and able
to look at target

Fixation or Visual Awareness

STRATEGIES



Modifications in presenting the object:

- Ensure correct distance: place the object within child's arm's reach and not too far away
- Present in primary position, or in the child's preferred direction of looking for a start
- Reduce background clutter/ crowding
 - Use clean or single-coloured backgrounds
 - Increase spacing (please see next slide)
- Consider lighting:
 - Dim vs bright room, any backlighting needed
- Repeated exposure to encourage familiarity to object

Take note:

- How long it takes for your child to become aware of object presented to him/her based on the different conditions above
- Try holding object still vs moving slowly to allow your child to become aware of it



Aim:

To be aware and able
to look at target

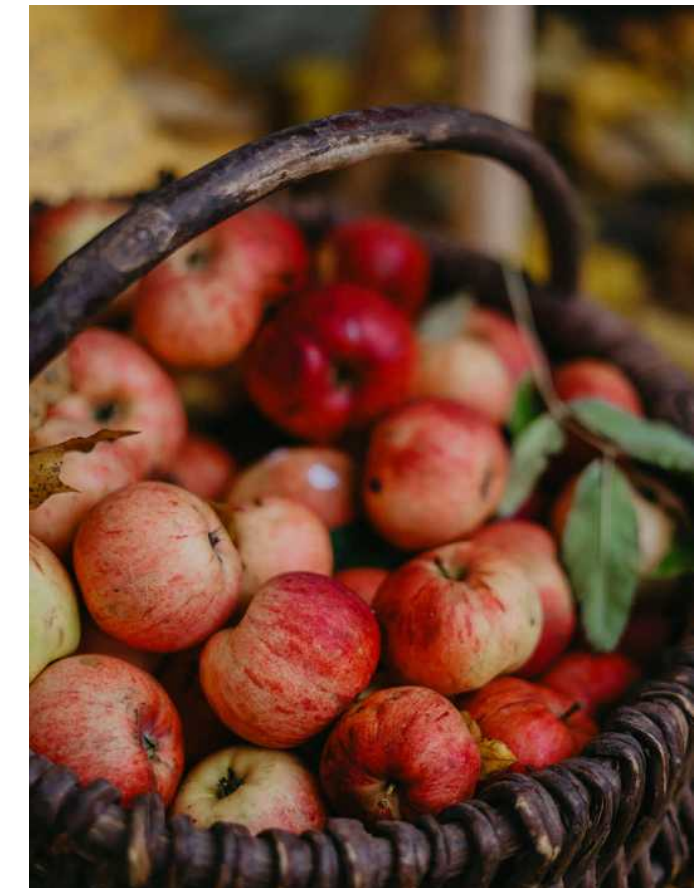
Fixation or Visual Awareness STRATEGIES



Individual,
well-spaced



Cluttered,
blend into background



Increase spacing



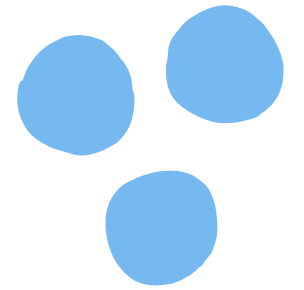
Reduce background clutter



Aim:

To look and sustain gaze
long enough for recognition

Visual Attention STRATEGIES



Tips to encourage attention:

- Present targets at near (within child's arm's reach)
- Reduced motion in the environment
 - Allows your child to focus on the object at hand instead of the environment
- Provide slower, predictable motion
 - When objects are moving too quickly, it becomes harder to visually attend to the object
- Reduced sound
 - If sound distracts the child from visually attending to the object, make sure you present one form of senses at a time (i.e. "Eyes or Ears")
 - Refrain from repeating "Look here" and shaking the toy
- Give your child more time to respond to the toy shown to them

Take Note:

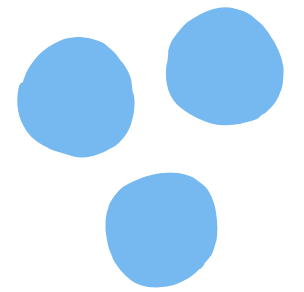
- How long does your child sustain visual attention?
- How long is your child's response time?



Aim:

To look and sustain gaze
long enough for recognition

Visual Attention STRATEGIES



Eliminate distraction and promote visual attention



- Using a tent to remove the clutter of the background or environment and promote visual attention to illuminated object or face.
- Special environments like darkened rooms and spaces can also be used.

Resources — The CVI Society.



Aim:

To follow moving
objects smoothly

Fix and Follow or Tracking STRATEGIES



Tips to encourage tracking:

- Moving object slowly (what speed of movement preferred?)
- Move horizontally before vertically
- Present object where child usually prefers to look at
- Use accessible visual field
 - Present object to preferred area of side vision first
- To start with preference and slowly move to opposite

Observe:

Does your child move eyes to track or move head to follow?

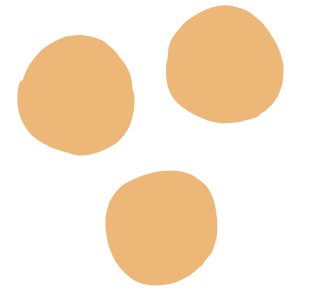


Aim:

To facilitate visually guided reach to objects

Tips to encourage visual reach:

Look and Reach STRATEGIES



- Encourage visual reach by guiding child's hand to visual target (start with preferred hand)
- Present and hold visual target stationary to allow child to respond
- Observe for any under- or over- reach
- Use colour for locations to grab and place or to highlight edges
- Increase spacing and reduce clutter
 - (check out visual attention strategies)



Aim:

To understand what is
seen

Visual Recognition STRATEGIES



Tips to encourage recognition:

- Any recognition of facial expressions
 - Use of voice and language with exaggerated quality of expressed emotions to assist child with understanding
- Use familiar objects to child
 - Repeated exposure to objects allow child to have greater consistency
- Expand understanding with classes of objects
 - e.g., Different types of cups but they're all cups
- Introduce tactile to help child to recognise toy
- Predictable presentations, locations and materials

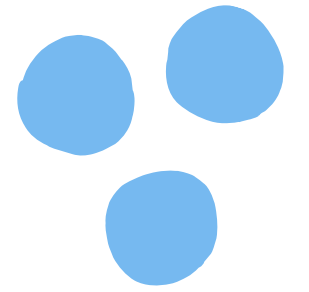


Aim:

To adapt to movement
and adjusting to the area
of side vision

Movement related to Visual Field

STRATEGIES



Tips to adapt to movement:

- Understand if child is aware of movements in the area of side vision ("visual field")/ in the background or prefers stationary objects
- Ensure objects that you want the child to attend to is presented without movement if he prefers stationary objects



Aim:

To be able to visually
attend to crowded
environment

**Tips to
reduce visual
fatigue:**

Observe:

Complex Visual Task STRATEGIES



- Minimise visual distractions around the work area
- Encourage short periods of focused attention
- Vary tasks and demands. i.e. seated, standing, moving, listening, talking, looking
- Present work tasks in short blocks breaking down activities

Identify the triggers and how your child reacts when pushed to the visual limits.



Aim:

To be able to visually
attend to crowded
environment

Complex Visual Task STRATEGIES



Tips to adapt to complex tasks:

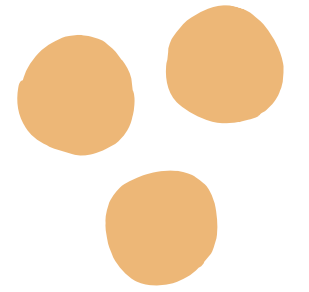
- When environment is crowded, try to isolate what needs to be seen by removing it from the clutter or introducing a plain background instead
- Make sure things that need attention are **bolded**

• Aim:
To incorporate
other senses for
development

Tips to raise awareness:

Encourage use of other senses

STRATEGIES



- Caress child's face/under his or her chin while talking
 - Take child's hands to your face at the same time
- Guide child's hand over surface in a systematic way, once familiar with the surface, place a soft toy and guide his/her hand to touch it



A developmental guide for parents of babies with
severely impaired sight and their professional advisors

Patricia Sonksen and Blanche Stiff

Illustrations by Blanche Stiff

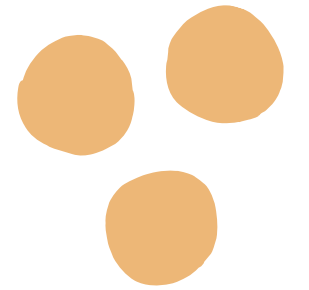


Aim:

To incorporate
other senses for
development

Encourage use of other senses

STRATEGIES



Incorporate forewarning:

- Forewarning: speak to the child and let the child know what you'd be doing before the action takes place
 - E.g. "Daddy/Mummy is going to carry you up." before lifting the child up to carry, lightly touch side of chest before gripping then grip for a moment before lifting.
- To prevent startling the child with sudden movements or actions