

Suggestions to Encourage Use of Vision

Each child is individual and responds differently, but all or some of these ideas may be helpful for your child.

Positioning

Ensure that your child is in a supportive and comfortable position. This will allow them to concentrate on using their vision rather than concentrating on maintaining their position or being uncomfortable.

Reduce Distractions

Reducing distractions such as general noise can help your child concentrate on a visual task.

Good Contrast

Bold, bright colours placed against a contrasting colour background will enhance the object's outline, making it easier to see. For example, black on white or yellow, red on green etc. Black and white is one of the most contrasting combination of colours, and stripes in these colours can often encourage looking. Try to determine if there is a particular bright colour your child responds to best. For example, a yellow toy as opposed to a red one.

Good Lighting

When performing visual activities (dependant on the eye condition), the surroundings usually need to be well lit, but without direct glare. It is suggested that your child sits with his/her back to any bright light source such as a window, as

more detail may be seen and not just a silhouette of the object. It is often better for the light to be shining on the object of regard. Be mindful of reflected light, such as off of metallic objects or white surfaces such as sinks and fridges, as these surfaces can cause significant glare.

An Uncluttered Environment

Keep surroundings free from unnecessary clutter, which may interfere with the ability to isolate one particular object. One or two brightly coloured objects, widely spaced, on a plain contrasting coloured background are easier to see than lots of objects on or against a "busy" background.

Incorporating Other Senses

Other senses such as hearing and touch can also enhance the visual response. I.e. Objects that are tactually interesting or that make a sound.

Short but Frequent Activities

Depending on the amount of vision your child has, it can often be quite tiring to use their vision for a prolonged period of time. Shorter but more frequent visual activities can often produce better outcomes

For further information please contact the Children and Youth Services team at VisAbility.



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