

VISUAL GUIDANCE FOR CHILDREN – BIRTH TO 3 YEARS.

Birth to Three Months:

A. General Motor and Binocular Development

1. Playfully move baby's arms and legs, at first each part separately, then in combination
2. Raise and lower baby while you look into each other's eyes
3. Bounce baby gently on the bed or on your knee
4. Gently and playfully massage baby's body with baby lotion or powder

B. Visual Focusing

1. Place a picture of a face 20 to 30 cm from the baby's eyes. The face should be about 25 cm in diameter and the eyes 3 cm in diameter. Place the face on one side of the crib, but change sides regularly until about 2 months, then hang it from the middle of the crib.
2. Hang a patterned piece of material on the crib with a bell attached.
3. Provide a multicoloured object for baby to look at. Place objects in various positions within view. Give opportunities to look in different directions.
4. Make sure baby does not face one side of the crib or a wall, using one eye all the time. Change baby's position, or the crib, occasionally.
5. Hold baby on opposite sides of your body while feeding so baby gets a chance to use each eye.

C. Visual Tracking

1. With your face 20 to 30 cm in front of baby, talk and sing to them while you slowly move to one side of his/her body then the other. This gives the baby opportunities to follow you with his/her eyes, to the right, left, upward toward the head and downwards to the toes.
2. Take a large patterned object (eg. a doll or balloon) with a bell attached, then move it in front of baby's face, about 20 to 25 cm from in front of eyes.
3. Make a bridge between the two sides of the crib, and attach a multicoloured object on it that can be made to swing.

D. Visual Auditory Co-ordination

1. Place noisy rattles with different textures in baby's hands so they can be shaken and put into the mouth.
2. Put squeaky rubber toys in their hands
3. Speak to your baby, no matter where you are in the room.

E. Eye-Hand Co-Ordination

1. Make a bridge across the two sides of the crib and hang objects there that will invite swatting. Make sure the objects change pattern or make a noise as they move.
2. Hang a mobile of a smiling face over the crib.

Four Months to Eight Months:

A: General Motor and Bilateral Development

1. Holding your baby's hands, gently lift them from the crib, and then slowly lower them.
2. Place baby's face down across a large round cushion. Gently roll them over until their hands touch the ground, then roll them back until knees touch the ground.
3. Place a kickable mobile at the end of the crib.
4. Place small objects in baby's reach so they can practise their grasping and holding abilities.

B: Visual Focusing

1. Place a plastic mirror (without sharp edges) in a place where the baby will catch a view of itself.
2. Place stuffed toys of different sizes and colours around the room for baby to look at.
3. Roll a patterned ball toward baby as they sit on the floor.
4. Play peekaboo with baby.
5. Allow baby time everyday on their stomach with their field of view unobstructed so they can watch the comings and goings of objects in their field. Make sure there are interesting things to see at the $\frac{3}{4}$ to 1 metre distance.

C: Visual Tracking

1. Call baby's attention to you as you crawl behind a piece of furniture, and then emerge from the other side.
2. Walk in front of your baby, pulling a desirable toy such as an animal on a string.
3. Jiggle a set of keys approximately 30 cm from baby's eyes to stimulate eye following abilities. Do this from left to right and back, then up and down, then towards and away.
4. Roll objects down an incline in front of baby so they can watch what they do.

D: Eye-Hand Co-Ordination

1. While lying on his/her back, provide an eye-hand gym for baby to reach out and explore. It should have objects that can be pulled and controlled. Some days place it so it can be explored with feet.
2. Provide baby with objects of different textures, sizes and weights to explore eg. nesting toys, pots and pans, bangable objects such as a drum, especially large ones.
3. Tie objects onto the side of the highchair so baby can throw them to the floor, and you can retrieve them more easily. Make sure they make different sounds when they reach the end of the string.

E: Two Eye Teaming

1. Attach toys to strings so baby can pull them toward him/herself.
2. When bathing baby provide toys that can float towards and away from them.
3. Play a choo-choo game with baby's food as it goes into the mouth. Have him/her watch the food as it goes into the mouth.
4. Have baby sit on the floor with legs apart and gently roll a ball towards him/her.
5. Provide a wind up toy that moves toward and away from your baby.

F: Visual Auditory Interaction

1. Label by verbally naming any object the baby plays with and ask them to find it by calling its name.

Nine Months to Eighteen Months:

A: General Motor and Bilateral Development

1. Allow baby to crawl through, around, over and under objects and furniture.
2. Hold baby's hands and encourage jumping off a small step.
3. Play nursery games like Pat a Cake.
4. Play games of identifying body parts.
5. Label body parts as you dress baby.
6. Allow baby to play with a toy car they can drive around an obstacle course.
7. Provide baby with pull toys that make sounds.
8. Allow baby to climb a safe set of stairs.

B: Visual Focusing

1. Identify objects in large baby picture books.
2. Make up a two piece puzzle with a circle and square cut out. Identify each shape.
3. Provide miniature toys of different shapes and design, and label each one verbally.
4. Sort pictures of different family members. Ask baby to identify each picture.

C: Visual Tracking

1. Provide a basket of different coloured clothes pegs to find.
2. Provide water toys that float in different directions.
3. Play ball on the floor. Occasionally use balls that have unpredictable movements.
4. Provide a toy merry go round. Place toys on it and watch them go around and fall off.

D: Eye-Hand Co-Ordination

1. Provide an opportunity to stack objects eg. blocks, plastic cups etc.
2. Blocks and pegs.
3. Picture puzzles.
4. Squirting toys for the bath.
5. Fillable objects and pouring toys.
6. Toy xylophone or toy telephone.
7. Fat crayons and paper to scribble on.

E: Binocular Vision

1. When baby is on a swing, stay in front and maintain eye contact.
2. Have baby use a large plastic hammer and pegs.
3. Have baby pour water into a container. As skill improves, let them use containers with smaller openings.
4. Have baby throw a ball or a beanbag onto an area on the floor or into a basket.
5. Try balloon catches.

F: Size, Shape and Spatial Concepts

1. Try having baby put things in order by size or length.
2. Have baby put different objects in a line, then describe their position: one, two, three.
3. Have baby place object together that belong together: spoons, plates, cars etc.
4. Hide an object, and have baby find it.
5. Place objects in their correct containers.
6. Scramble a stack of blocks, then ask baby to find one.
7. Scramble a stack of blocks, then ask baby to find one particular type of block, eg blue or round ones.
8. Give baby a small magnet attached to a stick and provide small metal objects they can fish for with the magnet.

Eighteen Months to Three Years:

A: General Motor and Bilateral Development

1. Using large pillows and cardboard boxes make steps to climb or descend, or slides to roll down.
2. Make a bridge to walk across, as skill improves, make the bridge narrower.
3. Provide a small wagon to push or pull.
4. Play in a car that is large enough to sit in and push with feet.
5. Play wheelbarrow. Hold the child's legs while they walk on their hands.
6. Have your child kick a ball towards you.
7. Place a ladder on the ground, then have your child walk between the rungs.
8. Jump on a trampoline.
9. Let your child use a mixing bowl, with one hand holding the bowl, and the other hand mixing.

B: Visual Focusing

1. Find objects in a picture book, or a toy catalogue.
2. Shape puzzles with geometric shapes, animals' etc.
3. Match large picture cards. Hold card 1.5 metres away from your child, and have them find the same one from an array in front of them.
4. On a trip to the supermarket, let your child find the objects you are looking for. Make sure they have a narrow field of search.

C: Visual Tracking

1. Provide large assorted wooden beads for stringing. Let them create their own design or copy yours.
2. Sort three different shapes. Place three cups in a horizontal row in front of the child. Ask your child to place buttons in the first, marbles in the second, pegs in the third etc.
3. Line up the pegs in a horizontal row before the child, from left to right.
4. Roll a large ball slowly across the child's view. Roll another ball and have them try to hit it.
5. Roll a ball to knock down milk cartons.

D: Visual Motor Co-Ordination, Eyes with hand foot or body

1. Provide large Lego blocks and a set of large wooden nuts and bolts.
2. Let him/her cut out picture to make his/her own book of familiar people and objects.
3. Ride a tricycle.
4. Slap a floating balloon, trying to stop it from hitting the ground.
5. Provide jigsaw puzzles, consisting at first of three or four pieces then more pieces or smaller pieces as skill improves.
6. Make a maze to navigate with a toy car or wagon.
7. Provide paint and paper for finger painting. Also crayons and plenty of paper for drawing. A chalkboard and chalk is also very good.
8. Provide modelling clay. At times let the child's imagination run free, at other times, suggest a design.
9. Have your child copy a circle, then make it into a face or a balloon.

E: Binocular Vision

1. Place coins in a coin box or piggy bank.
2. Line up rows of objects.
3. Roll a ball towards your child. Have them try to trap the ball in a large box.
4. Help feed Dad, putting food in Dad's mouth.

F: Size, Shape and Spatial Concepts

1. Put possessions away in their correct places.
2. Use picture books depicting things they have seen in various sizes and shapes.
3. String beads according to size and shape.