

Helping my child to see

Little children with disability often need assistance to train their brain to look, and to understand what they see.

SOME SUGGESTIONS...

Firstly, the baby or the young child must be in a **POSITION** where he/she is encouraged to look. His/her floppy neck and back must be supported so he/she can see as much as possible.

- Propping in a chair or a good strong box with pillows, or being held over the shoulder of the mother are some ways.
- Try not to leave the child alone on the floor in an empty room.



When lying on the back, hang colourful and shiny objects above the child to look at. If they make a noise when the wind blows them it is even better.

This will help you child learn to see better



When lying on the tummy, prop on a pillow and give the child something colourful and interesting to look at.

- If the child is on the floor on their back give them a chance to look around, and will also help them to relax their muscles.
- Not to lie in a stiff backward arch.
- When lying on the belly (and this is a good position to help make the neck and back muscles strong), then put a pillow under the child's chest so they can lift their head and prop up with their arms as they get stronger...and they can see!!!!
- Hang interesting things to look like bright tin lids, coloured containers, little toys, shells... things that are good to look at and make a sound turning in the wind.



Kato loves looking at herself in the mirror, and it helps her learn to see better.

- When you play with the child encourage them to **look** as you play – look at his/her hands, at colourful flowers, himself in a small mirror...at any things that can capture their interest.
- And **talk to the child while you are playing with them**; Talk about everything around, and what you are doing together...help him/her to make sense of his world especially if the child has very little or no sight.

Move objects about, up down and around; Play hide and find games. All these are fun ways of training the brain to look and understand what it sees.



'Alani enjoys watching the bubbles and it helps him learn to follow things with his eyes.



'Akanesi loves looking at the toy of different colours, and it helps her learn to see better.

When the child is able to move about they may need help to find their way. Try and teach the child to be independent by giving them assistance, not leaving obstacles all

over the place, and by being tidy and organise, guide the child with your voice. Encourage him/her to follow the wall or find familiar things.