

Specific Home Guidance for Visual Development

1. Place the child's crib/bed so that the window or greater area of light is on the same side as the deviating eye.
2. Whenever the parents feed, play with, or hand things to the child, it should be from the side of the deviating eye. As much activity as possible should take place on that side of the child:
 - a) If the eye turns IN - more effort should be made to approach the child with toys and other stimulation from the back as well as the periphery (far side) of the turned eye.
 - b) If the eye turns OUT - more effort should be made to approach the child with toys and other stimulation towards the center of his body so he can partake of them with both hands.
3. The child should be encouraged to creep extensively. Avoid use of a playpen or walker which tends to restrict creeping.
4. Lift the child by both hands or lift him as he clings to a bar (i.e. broomstick handle) with both hands.
5. Have the child roll, catch or toss a lightweight oversized ball so that he must use both hands at the same time.
6. The child should play with large building blocks, nesting toys, color cones, etc. in an effort to learn about size, shape, and distance:
 - a) have child stack the toys
 - b) encourage the child to take a block and bring it to you, then repeat the process
7. The child should be encouraged to play with large push toys, such as a wheel barrow or bubble mower, so that he can move with both sides of the body.
8. The older child should be encouraged to jump onto and off a raised area, approximately two to four inches, and land with both feet at the same time.