

Handout for the Therapro webinar  
**Getting and Keeping Your Child's Vision In Sync**  
 presented by Joye Newman - June 4, 2024

The In-Sync Child and Therapro  
 present

**GETTING AND KEEPING  
 YOUR CHILD'S VISION IN-SYNC**

Joye Newman, MA  
 June 4, 2024

1:36 US children reported to have autism

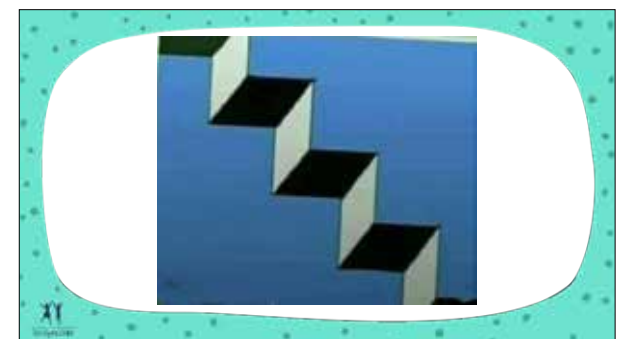
1:9 US children are now considered to have ADHD



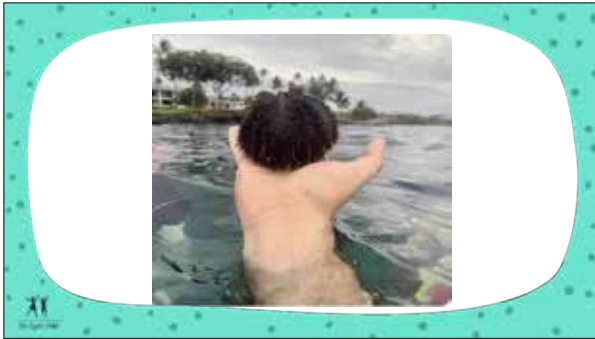
The brain is an amazing organ. It wants us to understand what we see.

The brain needs a "hook," or something it is familiar with in order to make sense of what we're seeing.....

7H15 M3554G3  
 53RV35 7O PROV3  
 HOW OUR M1NDS C4N  
 DO 4M4Z1NG 7H1NGS!  
 1MPR3551V3 7H1NGS!  
 1N 7H3 B3G1NN1NG  
 17 WAS H4RD BU7  
 YOUR M1ND 1S  
 R34D1NG 17  
 4U7OM471C4LLY  
 W1TH 0U7 3V3N  
 7H1NK1NG 4B0U7 17,  
 B3 PROUD! ONLY  
 C3R741N P39PL3 C4N  
 R3AD 7H15.  
 PL3453 F0RW4RD 1F  
 U C4N R34D 7H15.



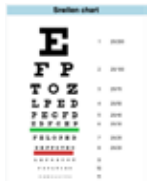
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## Vision vs. Acuity

### Acuity

- Acuity is the measurement of sight, most often represented by the ratio 20/20.
- A baby comes into the world with a visual acuity of 20/200
- Is a measurement of sight only, and should not be confused with vision, which is the interpretation of what one sees.



A standard Snellen vision chart with various letters and sizes. The chart is titled "Snellen chart" and includes a small logo in the top left corner. The letters are arranged in a grid, with the largest letter being an 'E' and the smallest being a 'K'.

A study released in 2021, projects that over fifty percent of the global population will develop myopia by the year 2050.



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## How Vision Develops

"A child is born with a pair of eyes,  
But not with a visual world.

He must build that world himself,  
And it is his private creation."

-Arnold Gesell, MD, PhD.

## Tactile and Visual

At birth, babies don't see clearly beyond their grasp.

At this stage of development, the tactile sense is  
training the visual system.

By six months, the child is able to manipulate a toy,  
using his hands to turn it and  
his visual system to examine it.

The eyes and brain are working together, so that  
by one year, the child is able to glance at  
the toy and recognize it.

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## Vestibular and Visual

The vestibular system and the visual system coordinate with each other through brain pathways in order to control visual fixation.

This "ear to eye" connection is known as the vestibulo-ocular reflex (VOR).

- The visual and vestibular systems work together to keep our bodies upright and perfectly balanced.
- From the time we learn to walk, balancing our bodies becomes second nature, something we do automatically without even thinking about it.

- When the visual system is functioning properly, the need for action can be replaced by observation.
- A one year old needs to explore a room by moving around it, either creeping or walking. When his visual system develops, he can explore the room visually.

Our vestibular system develops before our visual system, causing our movement to guide our vision in the first few years of life.

But when the **necessary** visual skills are developed, vision guides movement.



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## The Visual System

- Acuity
- Binocularity
- Fixation
- Tracking

## Acuity



## We need ACUITY for

- Recognizing letters and numbers
- Recognizing a friend's face
- Reading
- Discriminating the corn from the lima beans in the succotash

## Develop and Enhance ACUITY

- Pay attention to near/far distances
- Offer opportunities for small motor play
- Add visual component to most motor activities
- Ask questions about pictures in books



## Binocularity



The ability to use both eyes together

## We need BINOCULARITY for...

- Depth perception
- Playing hopscotch
- Stepping onto an escalator
- Judging distances
- Catching a ball

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### Develop and Enhance BINOCULARITY

- Offer BOTH hands rather than one
- Discourage children from laying heads on desks
- Provide lots of bilateral activity



### Visual Fixation



Focusing on one target  
for a period of time

### We need FIXATION for...

- Making and maintaining eye contact
- Taking in consistent visual information
- Completing art projects
- Reading

### Develop and Enhance FIXATION

- Threading cereal on a string
- Stacking blocks
- Playing with puzzles



### Visual Tracking

The ability to watch a moving target with the eyes as it moves horizontally, vertically and in a circle, without any head movement.



### We need VISUAL TRACKING for....

- Crossing the street
- Catching a ball
- Playing sports
- Reading

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## Develop and Enhance VISUAL TRACKING

- Playing with feathers, balloons, bubbles
- Playing with flashlights
- Playing with slowly rolling balls
- Stringing beads (in a sequence)



## Symptoms of VISUAL DYSFUNCTION

### Symptoms of Visual Dysfunction

#### Appearance

- Frequent tearing
- Red eyes or lids
- Crust on eyelids
- Excessive blinking
- One eye turning in or out
- Excessive squinting
- Head tilt
- Closing of one eye

### Symptoms of Visual Dysfunction

#### Behavior: Attention

- Difficulty completing tasks
- Tendency to fatigue
- Tendency to daydream

### Symptoms of Visual Dysfunction

#### Behavior: Tracking


- Moving head when looking at books
- Difficulty watching ball
- Losing place while reading
- Skipping words and lines
- Reversing letters and/or words

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Symptoms of Visual Dysfunction

### Behavior: Binocularity


- Misjudging where things are in space
- Closing or squinting one eye
- Difficulty sustaining visual attention
- Difficulty maintaining eye contact
- Discomfort in crowded places



Symptoms of Visual Dysfunction

### Child's Complaints

- Eye discomfort after concentrated visual attention
- Headaches
- Burning of eyes
- Itching of eyes
- Report of double vision
- 'Moving' objects (or words) tend to move



Developmental or Behavioral Optometrist

<http://oepf.org>




OPTOMETRIC EXTENSION PROGRAM  
FOUNDATION




### Helpful Tip

When handing something to a child, or when taking something from her, always be sure that she LOOKS at your hand. When you hand her a toy, move the toy until she LOOKS at what she is taking. When she gives you a toy, don't just take it from her; rather, move your hand here and there to make her LOOK at the toy's destination.



### Helpful Classroom Tips

- Place letters on bulletin boards only horizontally
- Beware of visual clutter
- Use visual targets as often as possible
- Encourage children to move



# LIMIT SCREENS





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**GO  
OUTSIDE**

**BE IN A  
3 DIMENSIONAL  
WORLD**



**Growing an In-Sync Child**  
This seminal book provides parents, teachers, and professionals the tools, including 60 activities, to give every child a head start and a leg up. Winner of Teachers' Choice Award for the Classroom 2012.

**A Year of Mini-Muses for the In-Sync Child**  
52 weekly schedules. Your kids will wiggle and giggle with a fun moment every day of the year! Winner of Creative Child 2021 Product of the Year.

**In-Sync Activity Card Book**  
Looking for quick, easy ways to keep kids "In-Sync"? You will love the 50 new activities in this handy, award-winning book! (Also available as loose cards.) Mum's Choice 2013 Gold Award winner.

Keep in touch....  
[www.insyncchild.com](http://www.insyncchild.com)  
Follow us on Facebook.....  
The In-Sync Village

**Stay In-Sync!**  
Take a few minutes each day  
to give your children moving experiences  
to last a lifetime.