

# **Toronto District School Board Occupational Therapy and Physiotherapy Services from the Special Education and Inclusion Department**

## **Supporting Vision**

Eighty percent of what a child learns comes through their visual processing. Poor control of eye movements will impact a child's reading, ability to make eye contact, coordination and balance, attention while performing visually demanding tasks and the development of their fine and gross motor skills.

To move efficiently for fine motor skills, the eyes must have a secure postural base!

- Work on core muscles! Refer to handout "Building Core Strength Through Play"
- Provide supportive seating and stable positions.
- Use a slant board or an upright surface. When material is on one level, it reduces the need to refocus.

## **Children with Difficulty Processing Sensory Input May:**

- Have problems coordinating their central and peripheral vision.
- Be visually defensive.
- Rely on constant scanning and have difficulty holding their gaze.
- Have difficulty with eye contact!

Reduce clutter in the environment and focus more on hands-on-play!

Incorporate activities to improve eye movement and eye-hand coordination.

## Outdoor Activities:

- Play catch or roll a ball back and forth.
- Target games.
- Obstacle courses.
- Jump to targets.
- Pop bubbles.

## Home Activities:

- Sorting.
- Matching.
- Stacking cups.
- Colouring.
- Simple mazes.
- Puzzles.
- Threading beads.

## For More Ideas Visit These Websites:

- [This is a link to Eye Can Learn.](#)
- [This is a link to The OT Toolbox website for visual motor skills.](#)

Take frequent breaks from screen time. Did you know that excessive screen time can lead to problems with eye focusing and eye strain?

The Canadian Pediatric society recommends less than 1 hour of screen time daily for children ages 2-5 years.

OHIP covers eye exams once every 12 months for children 0-19 years.

Typical vision screenings miss at least 50% of vision problems. Some children may benefit from a more comprehensive exam. Ask your optometrist if you have any concerns.

[Click this link to go to the College of Optometrists in Vision Development website](#) for information about learning related vision problems.

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