# **Training Visual Skills**

#### **Fixation**

a more sustained and consistent response.

## **Awareness** and Attention

**Visual** 

- awareness of and attention to visual stimulation in the immediate environment (e.g. fleeting glance, change of behaviour).

### **Convergence / Divergence -**

the ability to focus on objects at varying distances.

# Searching

and Scanning

– the ability to look for an object in space or from amongst other objects.

### **Tracking**

- The ability to visually follow a moving object.

#### **Accommodation**

the ability to focus on objects at varying distances (from far away to close up work).

## **Hand Eye Co-ordination**

(Visual-motor skill) – the ability to reach on vision and to use hands in conjunction with vision.

### Eye **Contact**

**Specific** 

**Training** 

**Areas** 

– eye to eye contact with another person (N.B. social, emotional and communication development.

2. Start with intense stimulation (eg light in a darkened room) gradually move to more normal levels of contrast.

1. Start with larger objects, reduce size as child becomes more skilled.

10. Take opportunities to generalise skills into everyday situations.

> 9. Keep training sessions short and frequent.

3. Start with favourite toys and modify colour, pattern and shape so as to increase the range of things that will hold the child's attention. clear and

**General Points** for Visual

Training

6. Give lots of praise at any one level. 7. Use

5. Work at the

child's pace and give time

to react and respond.

prompts, modelling, physical assistance, rewards, sound clues, tactile clues etc. at first and reduce as time goes by.

4. Make figure -

ground

discrimination

reduce

distractions.

8. Make sure the child is in a good comfortable position so that he/she can make the best use of his/her vision.