

# Vision

## Sensory Processing

How we feel and experience the world around us; there are three types of sensory processing

- Avoiding: This child typically "avoid" visual input and situations that are overwhelming to them
- Seeking: This child can't get enough stimulation and "seeks" out exciting visual stimulation
- Under-responsive: This child doesn't seem to notice much around them

## Sensory Treatment

- Modulation: Using preferred input before, during, and after activities to make the child feel "just right"
- Remediation: Gradually introducing non-preferred stimuli over time
- Adaptation: Adapts the activity for success

## Visual Avider

Your child might be sensitive to bright lights or does not like visual input (they might wear sunglasses inside)

- Start slowly introducing new visual elements in a non-threatening manner, and allow the child to explore them at their own pace
- Create a play area with dim lighting using soft lamps or string lights
- Take your child on nature walks early in the morning or in the evening when the light is softer, and have them focus on their other senses
- Introduce gentle visual stimulation like lava lamps, fiber optic lights, or glow-in-the-dark stars in a darkened room
- Encourage shadow play with a flashlight or dim lamp to make shadow puppets on the wall

## Visual Seeker

Your child is constantly seeking extreme visual input and may cause difficulty focusing on tasks

- Ensure that while you are providing visual input, the activities are safe and do not lead to overstimulation
- Encourage your child to play with light up toys, light up balls, LED wands, or glow sticks
- Offer a variety of colorful markers, crayons, and colored pencils for drawing and coloring activities
- Allow your child to explore different visual patterns and colors with a kaleidoscope
- Play games that require your child to visually track items (blow bubbles, marbles, laser pointers)

# Visual Under-Responsive

Your child doesn't seem to notice things around them

- Incorporate visual activities into your child's daily routine of your child and encourage them to encourage them to engage in visually stimulating activities (go on a walk and ask them to talk about the smells, sounds, and then sights)
- Create a fun play space: decorate your child's play area with bright contrasting colors and visually engaging objects
- Provide your child with high-contrast colors (black and white or bright primary colors)
- Create color sorting and matching games with buttons, beads, or colored blocks
- Introduce activities like catching a bouncing ball or follow a moving toy car



## Considerations

- All activities should be done with adult supervision for safety
- Be patient with your child, they are struggling to understand the world around them
- These activities are not a substitute for medical care, please seek the advice of your child's medical team before implementing any of the strategies discussed here



## Therapist Notes

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