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Activity: **Orientation and Mobility at Home**

Encourage your child to explore and move independently while at home. Tell your child to use their hands or feet to find their toy, their shoes (when getting dressed), their cup from the fridge, or finding their chair when it is time to eat. Go to the destination and make a sound for them to travel toward (move their toy around, tap their shoes on the ground, open/close the fridge etc.). Using push toys in the house can be fun for children to navigate new spaces/terrain. Do you have a wooden spoon laying around? How about an old hula hoop? A toy walker that has wheels? Using push toys are ways for children to explore their surroundings just as they would do with a mobility cane.

Other ideas to promote independence within the home:

Put 2-3 groceries away in the kitchen

Put mom's purse on the table

Put clothes in the washer and push the button to start the machine

Take crackers out of the pantry and on the table

Wash cups in the sink

Take dirty dishes to the sink

Move independently to the bathroom for bath/shower time

Take shirt/pants/socks/shoes off as independently as possible (may need help with the first part of this action)

Put toys in a basket/box when done playing

Help mom make a grocery list on phone using speech-to-text

Go on walks around the block and let your child explore, hear, see, touch all things beyond their reach. Go to the mailbox, lift them up to feel the trees, listen for the birds starting to sing in the morning, count how many cars you hear driving by (and pay attention to where the car is coming from-right or left?), notice if flowers are starting to grow and go find out how small/big they are.

Take the walkers/gait trainers out for walks, too! Going over various terrain helps children learn more about their world. Going through gravel and it's hard to maneuver? It's fun to let children take the lead and follow where they want to go; gives them autonomy in their choices.