

KEEP IT STILL

- **Do you notice your child staring at ceiling fans when they are in motion?**
- **Is your child attracted to the TV when there is a show with lots of activity? (e.g. sports, cartoons) Or do you notice your child avoid watching fast motion pictures on screens?**
- **When in the car, does your child gaze out of the window at objects passing by or prefer to be in the stroller?**

Moving objects are easier for all people to see, as they **attract visual attention**. Processing movement is important for vision development in infancy (Braddick et al., 2003). We can usually see a moving car before we notice one parked on the street. Children with visual impairments may be attracted to objects that move or create the illusion of movement, like a reflection of light. A child may also move his/her own body while trying to look at an object. This behavior may cause the child to move his/her head from side to side, rock back and forth, or actively run toward or away from an object.

Asking a child to see moving objects should not be an outcome in itself, but instead, movement can be used to help work toward other outcomes such as getting a child to look at a toy or working toward looking at an object for a longer period of time. On the other hand, sometimes objects that are in motion may be difficult for a child to see and therefore must be still to process what the child is seeing or doing.

*Joe, 8 months old, struggles with looking at objects for longer than just a couple of seconds. His mom, Chrystal, has noticed that he almost always notices objects that are shiny, reflective, or moving. He loves lying on the floor and watching the ceiling fan, and he seems to always notice flags flying in the wind. After discussing these observations with TSVI-EI, the family comes up **with a plan to try using movement** to help Joe look at things for longer periods of time. During Joe's playtime, the family often has an oscillating fan turned on in their family room. Chrystal ties some bright colored ribbons onto the front of the fan. Joe immediately notices the flowing ribbons above him. She places Joe in this same place during playtime each day, and she notes that **Joe is able to look at the ribbons for longer and longer**. Joe is now able to **attend to other stationary objects for up to a minute**.*

These materials are often already found in the family home, and can be used to **activate the visual system and to attract visual attention** in daily routines. If these items are silent, it will help the child to rely on visual attention, not the sounds. We are always looking to move closer to **"Keep It Still"** as a strategy.

Slinky (either solid colored or metallic)	Rolling balls/ cars or trucks	Aquariums	Mylar Pom-Poms or Balloons
Lava Lamps	Windsocks	Pinwheels	Sensory Bottles
Remote control cars (that have a slower speed)	Projector or moving night light	Crib Mobiles	Tablet Apps- (selected)

IDEAS FOR ROUTINES:

Play/Floor Time

- ___ Provide a consistent space on the floor where the child is safe to move freely.
- ___ Wiggle your hand with the toy a little bit to see if it helps catch the child's attention.
- ___ Watch for the child to "alert" to these objects. Sometimes it might be a smile, or becoming quiet or still, or directly looking at the object or turning in its direction.
- ___ Present child with a slow-moving object in their preferred visual field
- ___ Consider tying helium-filled balloons to a weight on the table, giving the child an opportunity to reach for or bat at the balloon.

Dressing/Diapering

- ___ Hold up the diaper/clothing items and wiggle it a little bit. Label it for them "It's time for new diaper!" or "Let's put your pants on" before putting them on.
- ___ Hang mobiles above or put reflective paper or windsocks next to the changing table, allowing the child to have something fun to look at while waiting for diaper changes.
- ___ Place a mirror above or next to child on the changing table to give them the opportunity to see arm and leg movement in it.
- ___ Consider having a song/routine that incorporates movement (bouncing/dancing) as part of the dressing/diapering routine.

Meal Time

- ___ Roll cereal puffs or "O's" across the highchair tray or table.
- ___ Move the spoon slowly in front of the child to get them to look at it before feeding.
- ___ G-tube children--move food pouch as you tell them, "It's time for lunch."
- ___ Slip cuffs of reflective material onto the handles of utensils to encourage a child to look at a spoon or fork at meal time.

Lap Time

- ___ When reading books together, move the book around to help them be able to see it. Children might also be interested in watching as you turn the pages.
- ___ If the child requires light to attend to an object, use a flashlight from behind the child to shine directly onto the book/toy.
- ___ Use a hand-under-hand approach (place your hands under the child's) when pointing to pictures in books, or when playing with toys together.

Time Outdoors

- ___ Watching rolling balls, or other kids playing on a playground, soccer game, etc.
- ___ Place pinwheels in the ground along a familiar pathway.
- ___ Lie under a tree to watch the tree branches sway in the wind.
- ___ If they are distracted by movement of tree branches, cars, people walking, etc., consider having them wear a hat.
- ___ Go for walks in stroller/wagon
- ___ Let them bounce on top of a large ball

Bed and Bath Time

- ___ Use toys that float; your child may be able to watch them move along the top of the water.
- ___ Incorporate a slow dance/movement song as part of the bedtime routine.
- ___ Use a projected night light in the child's room (stars on the ceiling that slowly move around the room).
- ___ Turn on a lava lamp or aquarium in the bedroom next to the bed, changing table or favorite chair.

Braddick, O., Atkinson, J., & Wattam-Bell, J. (2003). Normal and anomalous development of visual motion processing: Motion coherence and 'dorsal-stream vulnerability.' *Neuropsychologia*, 41(13), 1769-1784. [https://doi.org/10.1016/S0028-3932\(03\)00178-7](https://doi.org/10.1016/S0028-3932(03)00178-7)
