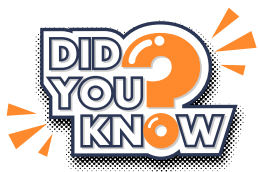




Vision: Fostering Development

Providing sensory experiences for babies and toddlers expands their understanding of the world around them.



Games like peek-a-boo aren't just fun; they help babies develop object permanence and improve their visual tracking skills.

Any Age:

- Create a daily routine for children, they can anticipate that their needs will be met and better focus on play or learning.
- Read to children regularly.
- Design environments that are visually stimulating and interesting for children.
- Engage children in activities that encourage tracking moving things with their eyes.
- Provide outdoor exploration.
- Promoting play with toys, helps foster development of visual processing and the mechanics of the eye.
- Limit screen time.



Toddlers love to watch how things work, often staring intently at moving objects, like animals, cars, or even a rolling ball, to understand cause and effect.



Providing opportunities for learning, exploration, and positive interactions nurture growth in children.



Birth-1 year:

- Provide high contrast patterns and colors.
- Engage the baby in tummy time regularly, with toys or mirrors within reach.
- Decorate the child's room with bright colors.
- Leave a nightlight on to provide visual stimulation when awake in crib.
- Make frequent eye contact and exaggerated facial expressions during interactions.
- Engage in frequent conversations and task narration with the child.
- Spend time outdoors in natural light.

1-2 years:

- Provide a variety of toys and activities that encourage visual exploration and fine motor development.
- Play outside with sand, water, or run around;
- Finger painting or ripping and gluing paper.
- Read together- have the child find objects in the picture.
- Play interactive games like peek-a-boo or pat-a-cake.
- Provide sensory play experiences with water table, sensory bottles, or play dough.
- Point out objects, colors, shapes, and textures in the environment.



Children's eyes absorb more UV radiation from the sun than adults', making sunglasses with UV protection essential during outdoor play.

2-3 years:

- Paint, color, and make collages with the child.
- Play pretend with dolls, action figures, toy vehicles, and costumes.
- Explore nature, make a game of who can find the most interesting thing.
- Sculpt with play dough or moon sand.

3-4 years:

- Play matching games, such as: Guess Who? or Go Fish.
- Play with building blocks or construction sets.
- Continue to read together regularly, encourage the child to read stories to others.

**5-6 years:**

- Encourage child to experiment with mixing colors, shading, and different textures when doing arts and crafts.
- Introduce age appropriate puzzles such as: jigsaw puzzles, word search puzzles, sudoku, spot the difference puzzles, and tangrams.
- Provide building toys like: LEGOs, Lincoln Logs, tinker toys, Jenga, suspend games, etc.
- Play I Spy.
- Conduct simple science experiments together where the child can observe change;
- Continue to read together regularly, encourage interpreting visual clues, ex. "Why do you think Jack is running?"



About 80% of what children learn in school is presented visually. Strong visual skills are crucial for reading, writing, and understanding visual information.



**Illinois Early Hearing
Detection & Intervention
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