

for the infant with low vision & blindness

HELPING ME LEARN WITH CONFIDENCE

Many infants with visual impairments remain passively where they are placed, uninterested in exploring or moving around freely. Exploration and movement at this stage is how infants learn and develop. Helping them feel safe, bringing the world closer to them and encouraging different positions will help increase their interest and activity.

Creating boundaries

When infants can't see well, it is hard for them to know just how much they can move without falling or hurting themselves or without scaring themselves by touching something unexpected. Creating a boundary for



them that they can feel or see is a first step to helping them define "their safe space". For some children, it may be enough to just make a high contrast border on their mat; others may need a physical, touchable border. You might find some like something they can place at least one part of their body against for security. For very passive or fearful children, use boundaries at all times – even when a child is on your lap, using your own body to do this – until you find they start ignoring the boundaries and are willing to explore beyond.



Bringing the world closer

Having something to feel and explore helps the child understand the difference between their own bodies and the rest of the world. Always have something interesting to hear, smell, feel or see near the child



where they can reach it if they want to. It can be confusing if things the infant touches or reaches too keeps changing position or rolling away, so remember to tie or stitch it safely on to something nearby. Don't forget your own clothes, face & hands are fascinating for infants to explore.



Encouraging different positions

When we play in different positions, we understand our bodies better as we find we have to use it in different ways in order to keep our balance or reach to things. For the very young infants, the first discovery is of their own bodies. Helping them experience different positions is easy to do through the day.

