



Basic Vision

Goal: To stimulate the most basic visual function, the pupillary reflex, and encourage focusing and visualization.

Material:

You will need a completely darkened room and a utility light with 100-watt light bulb.

Procedure:

1. Have child sit in the darkened room or closet.
2. Child should be facing the person flashing the light.
3. Flash the light while the child looks at it. Keep it on for one second or less.
4. Turn the light off and slowly count to five.
5. Repeat 25 consecutive flashes (1 second on, 5 seconds off).
6. To enhance the child's focusing and visualization abilities have him/her view letters, words, or pictures while the light is on and try to picture them when in his/her mind when the light is off.
7. You may see if your child is able to remember what they saw by asking them to describe or trace in the air the picture or word they just saw.

Frequency: 2 – 4 times per day

Intensity: Wattage of light bulb may be changed over time with accordance to child's response.

Duration: It should take about 2 ½ minutes to complete one session.