

Visual Guidance



Adapted from:

Developmental Vision Guidance Program

Pacific University College of Optometry Vision Therapy Services

Activities for 4 Weeks to 2 Years of Age

NOTE: Suggestions by age can be continued for as long as they amuse your child, not just during the weeks given. Think of these activities as building upon or adding to each other.

Vision Developmental Guidelines		
Age	Play Material	Skills Developed
4 wks - 8 wks	Bright dangling object (mobile, balloon, etc.)	Fixations
	Ring Rattle, Plastic Ring, Rubber Squeaking Toys	Eye-Hand Coordination (E-H); Textures
12 wks	Cradle Gym	Grasp & release; Fixation; E-H; Spatial Awareness
	String of Big Beads or Disks, Teething Beads	Grasp & Release; Fixation with Tongue
	Stuffed Animals, Bell on Handle	E-H; Spatial Awareness
	Big Rubber Ball	Near to Far & Over Head; Face Down-Roll Baby
16 wks	Mobile	Close enough that hands might touch it accidentally
20 wks	Say "boom" with Bed Bounce	Bilateral motor response
24 wks- 32 wks	Nested Toys	E-H; Grasp & Release; Spatial Awareness
	Small toys to handle	Sizes & shapes; tops & bottoms
	Pots & Pans, Spoon & Cup	Sizes & shapes; tops & bottoms; inside & outside; sounds
	Lift on thumbs	Bilateral motor response
	Mobile	Move out for feet to hit; eye-foot coordination
36 wks- 48 wks	Playpen	Boundaries; up & down space; spatial relations; comparisons; bilateral pull-over & through sides (but still use as little as possible)
	Blocks and Pegs, Basket of Clothes Pins, Ball rolled back & forth, Wheel in trough	Grasp & Release; near & far space; mobility & pursuits; search; field; relationship
	Large books	Name & talk about pictures of common things
	Water toys	Fill & spill, E-H
1 yr - 1.5 yrs	Kiddie Car	Bilaterality of hands, eyes & feet; Directionality; Coordination & Locomotion

	Pull Toys	Orientation; Directionality; Spatial Awareness; Extension of arms & hands
	Push Toys, Sweep & Mop Sets	Orientation; Directionality; Extension of arms & hands; visual steering & guiding; Coordination
	Blocks	Pile & string; Combining; Build form; Visualization; size; shape; E-H
	Color Cone	Texture; Hand judgments; Associations; Likes & unlikes; Visualization; Imagination
	Woolly & Soft Animals	Form; E-H; Parts & wholes
	Climbing Equipment	High & Low; Gross & fine motor activity; Localization
	Books (cloth or heavy cardboard)	Symbols & Representations; Fixations; Identifications; Visual grasp & release; Parts & wholes
	Sandbox	Filling & spilling; Saccadic hand; hand dexterity; visual cues & steering
1.5 yrs	Stairs	Gross motor control; Highs & lows
	Swing	Movement through space; visual-vestibular stimulation
	Rocking Horse	Bilaterality
	Large Ball	E-H; Pursuits; Direction control
	Toy Hammer & Peg	E-H
	Blocks (2" colored)	Building, Combinations; Piling
	Push & Pull carts	Loading; Unloading; Visual Steering
	Chest of drawers (child size)	Personal recognition
	Music Box	Sounds, Auditory recall
2 yrs	Walking Rail & Balance Board	Bilateral coordination
	More Boards & Boxes	Inclines & Slopes; Highs & Lows
	Climbing Equipment	Depths; Coordination; Balance
	Rocking Boat, Jump Board	Speed & Balance; Grasp & Release of total motor system
	Trampoline	Bilaterality
	Pegboard	Grasp & Release; Form; Fixation; Saccades
	Interlocking Toys	Units & wholes
	Toy Telephone	Visualization; Imagination
	Screw Toys	Right & Left Interweaving; Wrist Rotation
	Small objects (pebbles, toy cars, etc.)	E-H; Imagination; Visualization
	More blocks (light, hollow, small colored shapes)	Combinations; Building; Balancing; Control of movement; E-H; Expression

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Age	Play Material	Skills Developed
2.5 yrs	Wheelbarrow (2 types)	Bilaterality; Directionality; Coordination; Balance -- Hauling and Dumping
	Tricycle	Alternate Bilaterality and Directionality of feet; Unity of hands
	Large Beads for Stringing	E-H; Grasp & Release; Specific Fixations; Color
	Clay Modeling (large lumps)	E-H; Visualization; Imagination
	More Ball Play	Visual Steering & Guiding; E-H; Depth Perception; Tracking; Total arm movement; Space & Time

	Jigsaw Puzzles (6-12 pieces)	E-H; Form; Size; Figure Ground; Visual Closure
	Large Packing Boxes	Gross motor; Imagination; In, Out, Under, On (Spatial Skills)
	Soap Bubbles & Pipes	Breath control; Pursuits; E-H if popping the bubbles
3 yrs	Blocks - All Shapes	E-H; Form; Size; Units & Wholes; Color; Visualization; Figure Ground
	Simple Jigsaw Puzzles	Right & Left; Rotations; Front & Back; Matching; Visualization; Representation; Figure Ground; Visual Closure
	Blunt Scissors & Colored Paper	E-H; Size; Shape; Corners; Curves; Reversal of Direction; Pursuits
	Easel, Water Colors & Crayons	Boundaries; Discrete E-H; Bi-Dimensionality; Representation; Visualization
	Hopping, Step on Shadows & Cracks	Head to Foot Coordination; Balance
	Ball on String - Push & Catch	E-H; Directionality; Space & Time
	Toys with large nuts, bolts, wrench, etc.	Parts & wholes; Visualization; Relationships; Manual dexterity; E-H
4 yrs	Trapeze & Swinging Rings, See-Saw	Bilaterality; Mobility; Coordination; High & Low Space
	Gardening & Carpentry Tools	Directionality; Monolaterality; Visualization; Tridimensionality; E-H; Combining; Short & Long; Fixations; Finger Dexterity
	Doll Clothes, Buttons & Button Holes, Store Materials (boxes, cans, paper, money, etc.)	E-H; Closing & Opening; Imagination; Creativity; Visualization
	Finger Painting; Doctor & Nurse Kits; Golden Stamp Books; Sticker Fun	Imagination; Creativity; Visualization; Motor Planning
	Skipping	Gross Motor; Gross Patterning; Cross-patterning; Balance; Coordination
	Flashlight tag, Target practice (bean bag, ball, flashlight, pointing)	Directionality; Pursuits; Depth Perception; Spatial Skills; E-H; Timing; Rhythm
	Parquetry Blocks	Figure Ground; Size; Shape; Color; Visual Discrimination; Memory
	"What is it?" (feel object in a bag without looking), "Where is it?" (eyes closed & point)	Form perception; Visualization; Visual Memory
	I Spy	Figure Ground; Visual Discrimination; Visualization; Localization
	Blink game -Tachistoscopic (brief exposures) with toys & familiar objects	Visual Memory; Speed of Recognition
5 yrs	Jump rope, Milk carton bowling	Motor coordination; E-H; Rhythm; Timing; Balance
	Memory Game	Matching; Visual Memory; Localization
	Hole in cardboard	Focusing flexibility (look from picture to TV)
	Chalkboard drawings (big circles, lines and pictures)	Arm Rotation; Bilaterality; Body-vision Coordination; Form Perception; Centering