

Sensational Toddler/Preschool OT Tip of the Month Eye Tools

Do you know children that ...

1. Prefer to wear hats, hoods or sunglasses?
2. Close their eyes or look out of the corner of their eyes in a busy room?
3. Prefer to work with lights out or dimmed?

These children might have **visual hypersensitivity**. Although some children thrive in environments with intense colors, lights and décor, other children's visual systems can be overwhelmed, making it more difficult to learn and stay calm.

Sensational Ideas for Visual Hypersensitivity

1. Give the child an opportunity to wear a hat with a brim or visor during the day to decrease the amount of light. Remember winter can be extra bright with snow glare.
2. Set up a "dark work area" in the room. Look for a darkened area of the room that has less direct light, set up a work or listening station in the darker area as needed. If your room does not have a dark area consider hanging a sheet or using room dividers to make a "dark work area".
3. Turn out some (25%) of the lights in the classroom especially on bright days. Consider changing the types of lighting in the classroom. Florescent lights have both flickering light and a buzzing sound that can annoy sensitive children.
4. De-clutter the classroom space with less visual distractions (i.e. cleared work areas, solid colored rather than printed patterns on the floors and walls)

Go to http://sensorysmarts.com/visual_sensitivity.html for more information.

Go to www.cintiOTinstitute.com/privateschools and scroll to the bottom left corner for more tip sheets. Go to www.cintiOTinstitute.com for information about COTI services

COTI- 2016