



LYNN VALLEY
OPTOMETRY

vision
Therapy
Children's
workbook



What is Vision Therapy?

The Complex Explanation

An individualized, complex neuro-visual development treatment program designed to improve visual awareness, visual processing, visual-spatial knowledge, visual-motor integration and perceptual-cognitive deficiencies thereby improving eye alignment, eye tracking, eye teaming and visual processing.

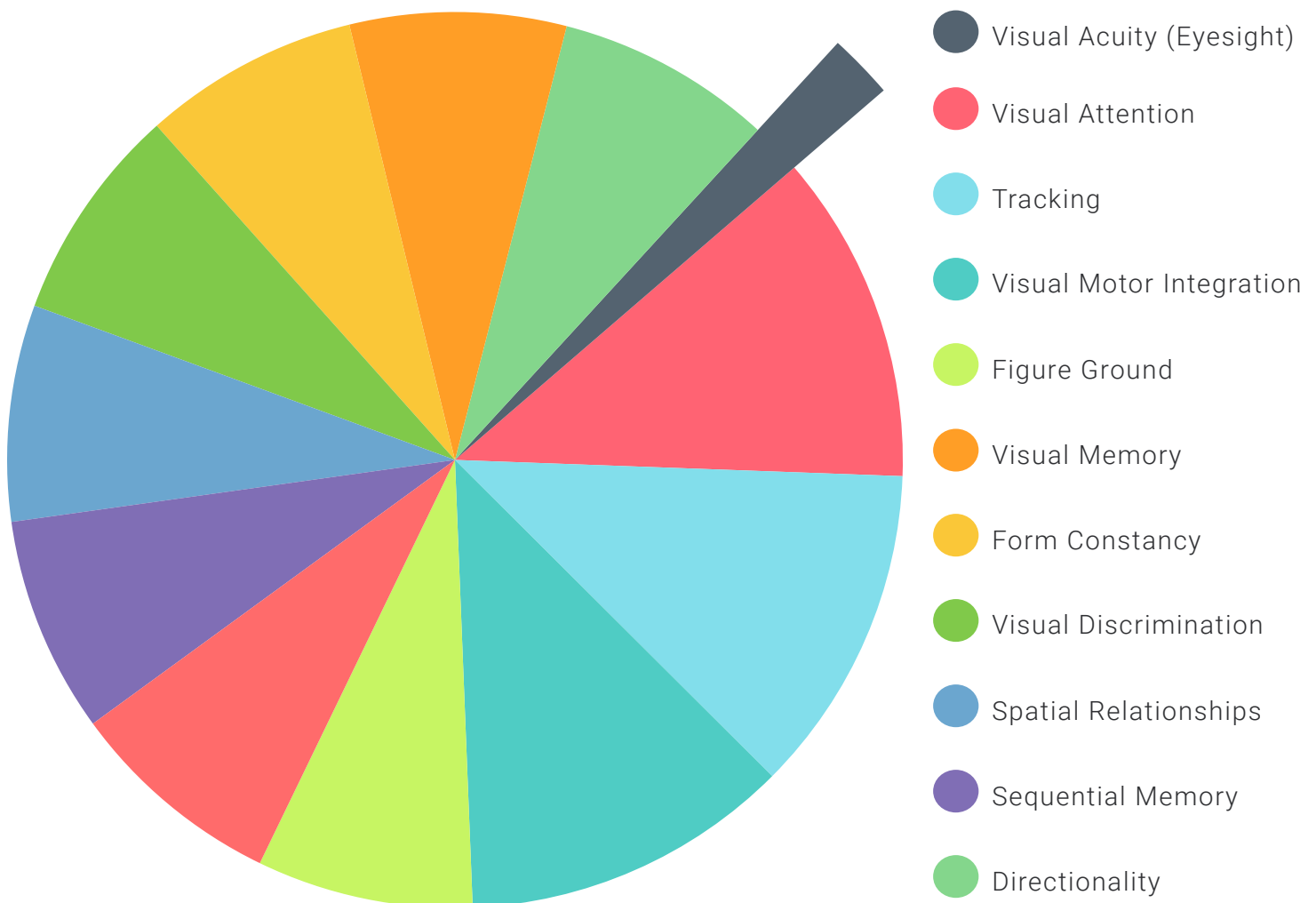
The Simple Explanation

Consider the possibility that the answers to your child's learning struggles could lie in a vision related problem. Do they understand what they are seeing? Is what they see processed in the brain in the correct way? Are their eyes working together or fighting each other? Is that lack of coordination because they are clumsy, or is their brain not able to tell their body how to move in a precise way? Are they avoiding reading because they are a kid, or because reading is a struggle?

Vision therapy can help provide a solution.

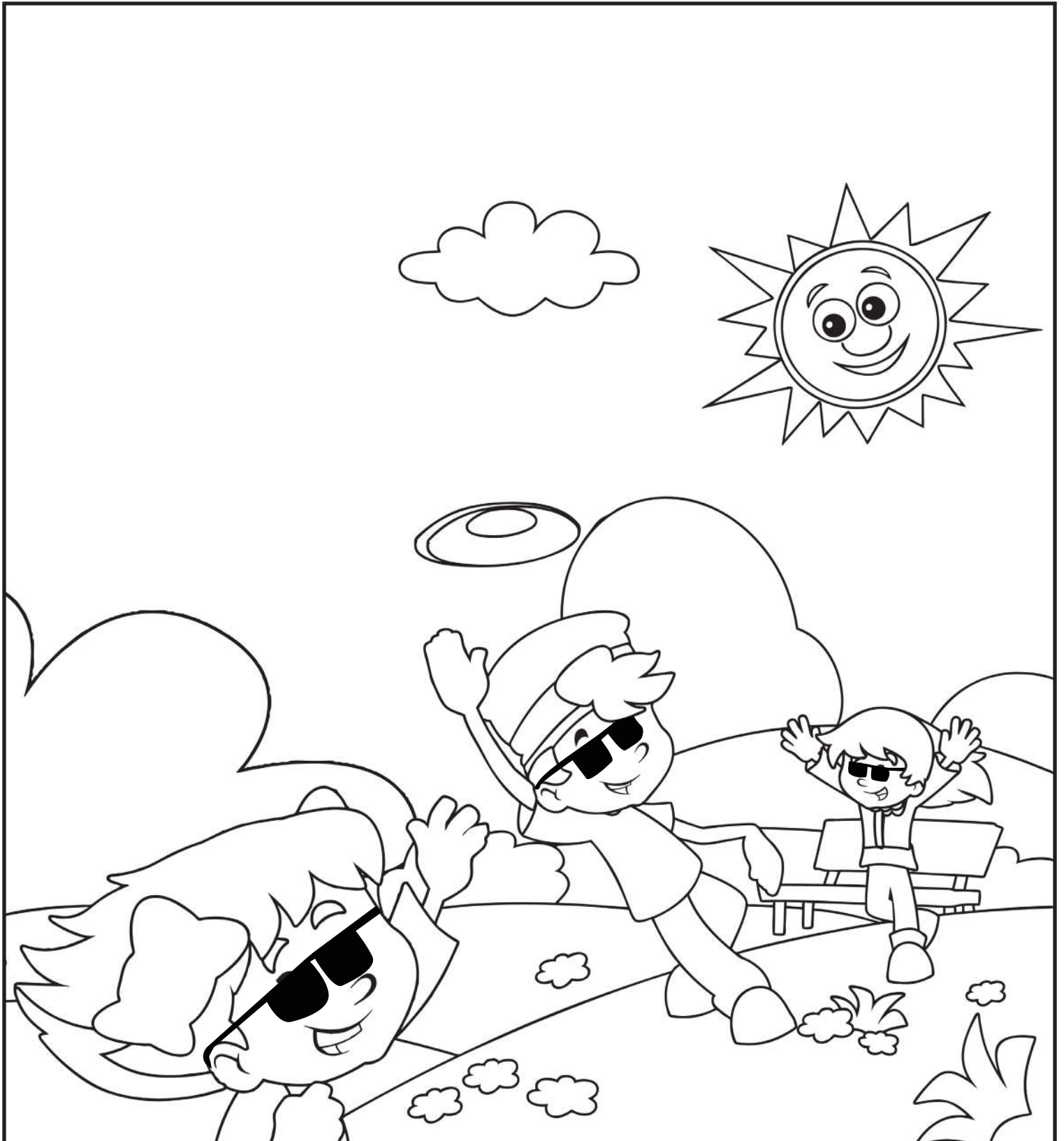
The Components of Vision

Seeing 20/20, what most consider the standard for good vision, is not really vision at all. Vision is a learned process that results from our development, our experiences with the world around us, our eye movements, how the eyes interact with the brain and how information is interpreted and processed in the brain. Seeing 20/20 is simply eyesight - the ability to see from one point to another - and if found deficient, can be easily corrected with glasses. Vision, however, is the complex process of taking what we see and understanding it.



80% of our lifetime exposure to UV radiation occurs before the age of 18.

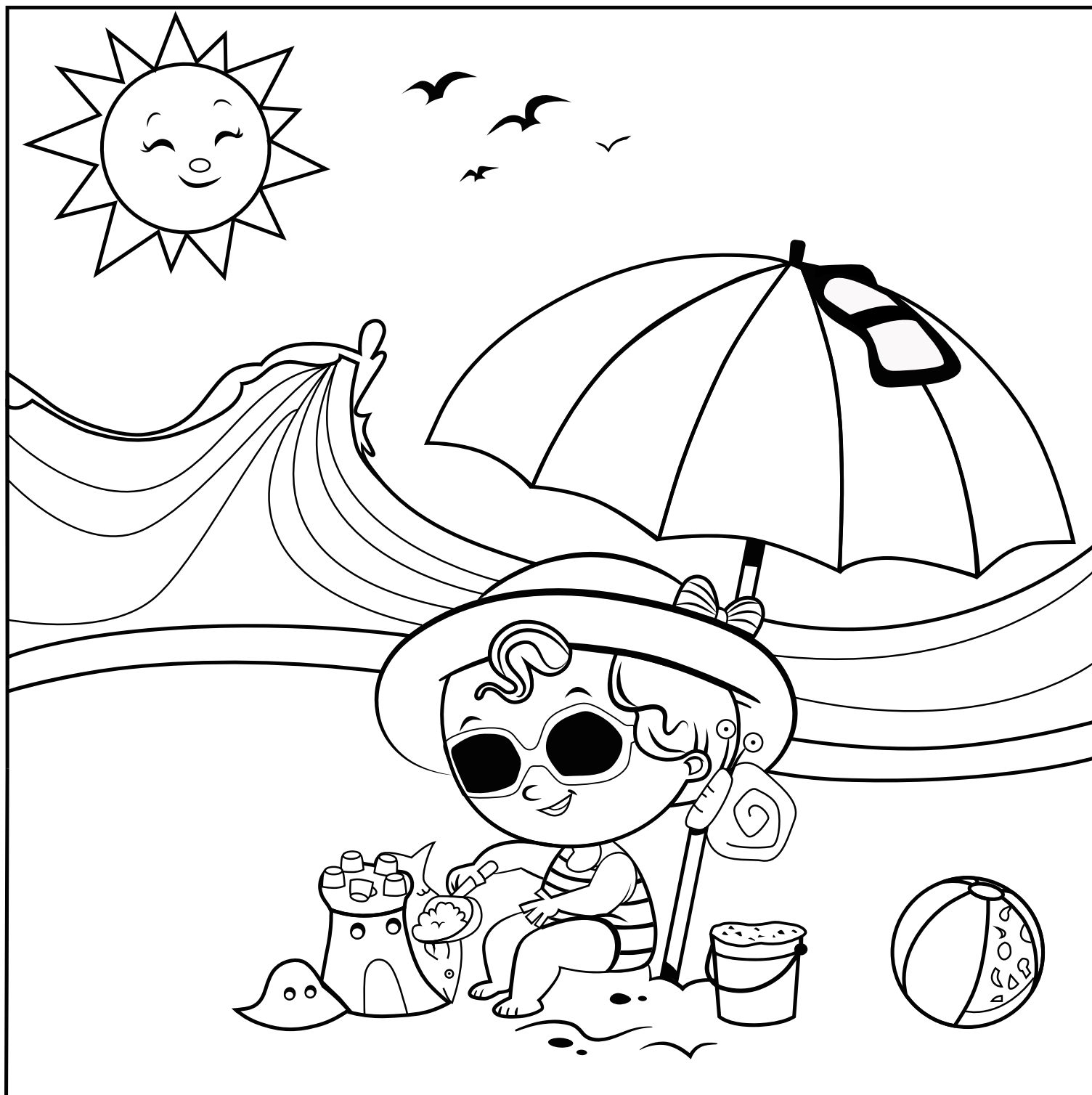
wear your sunglasses!



Find these items within the drawing below.

- Snail
- Slice of Pizza
- Cookie
- Swimming Flipper
- Fish
- Mug

This exercise encourages the development of visual figure ground skills.



Have your child study this scene for 30 seconds and then have them to recite all of the items they can remember.

Record their answers on the lines provided.

This activity will help to strengthen visual memory.

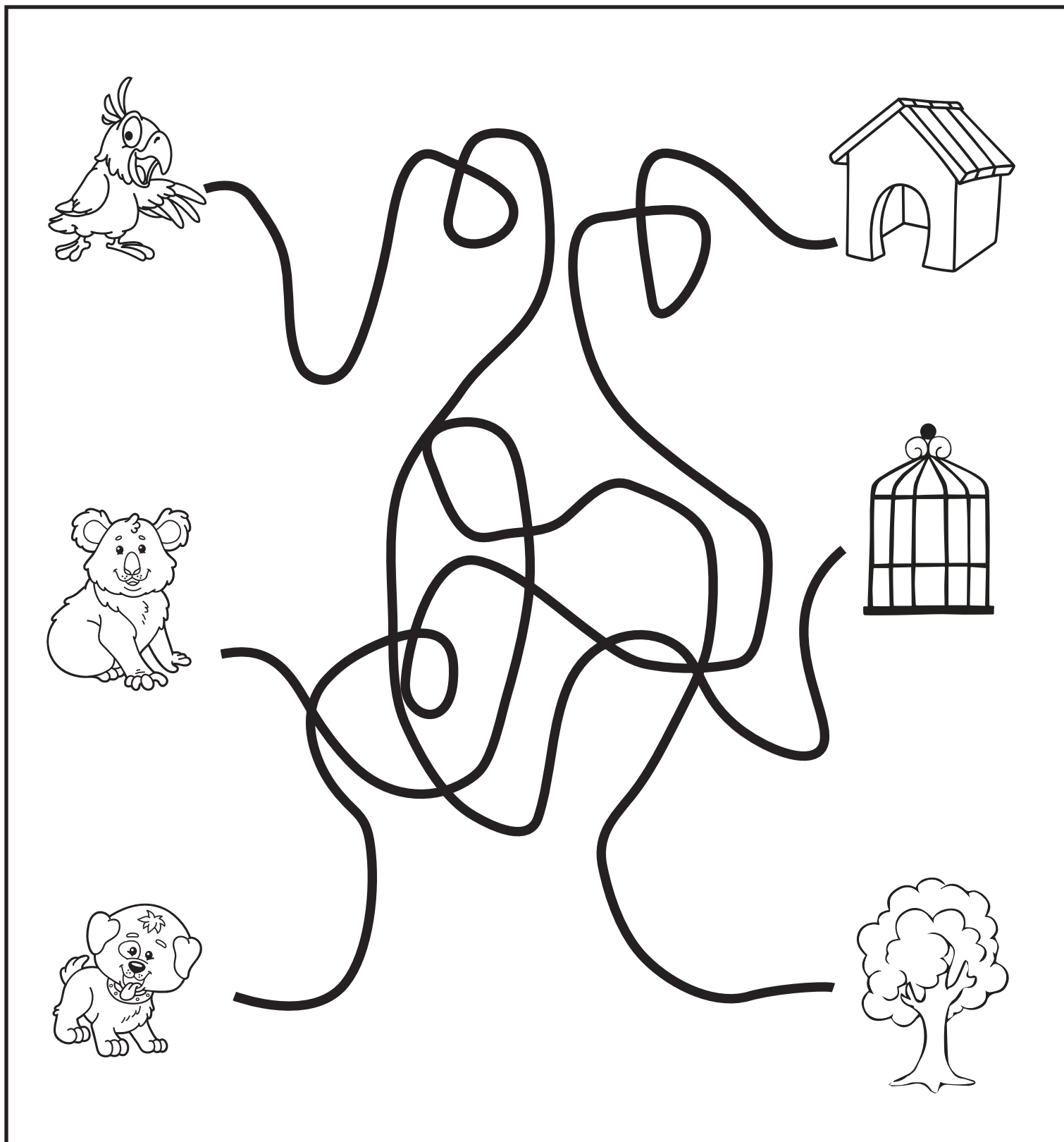


Tarsiers have the largest eyes of any mammal, relative to body size.



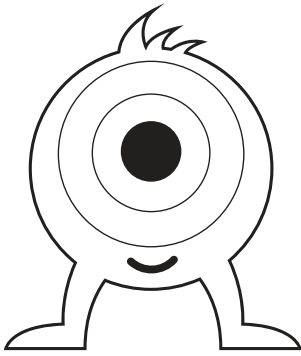
It's dark outside and your pet needs to find it's way home so that it can eat. Trace your finger along the line from your pet to it's home.

This exercise will help to strengthen visual form constancy



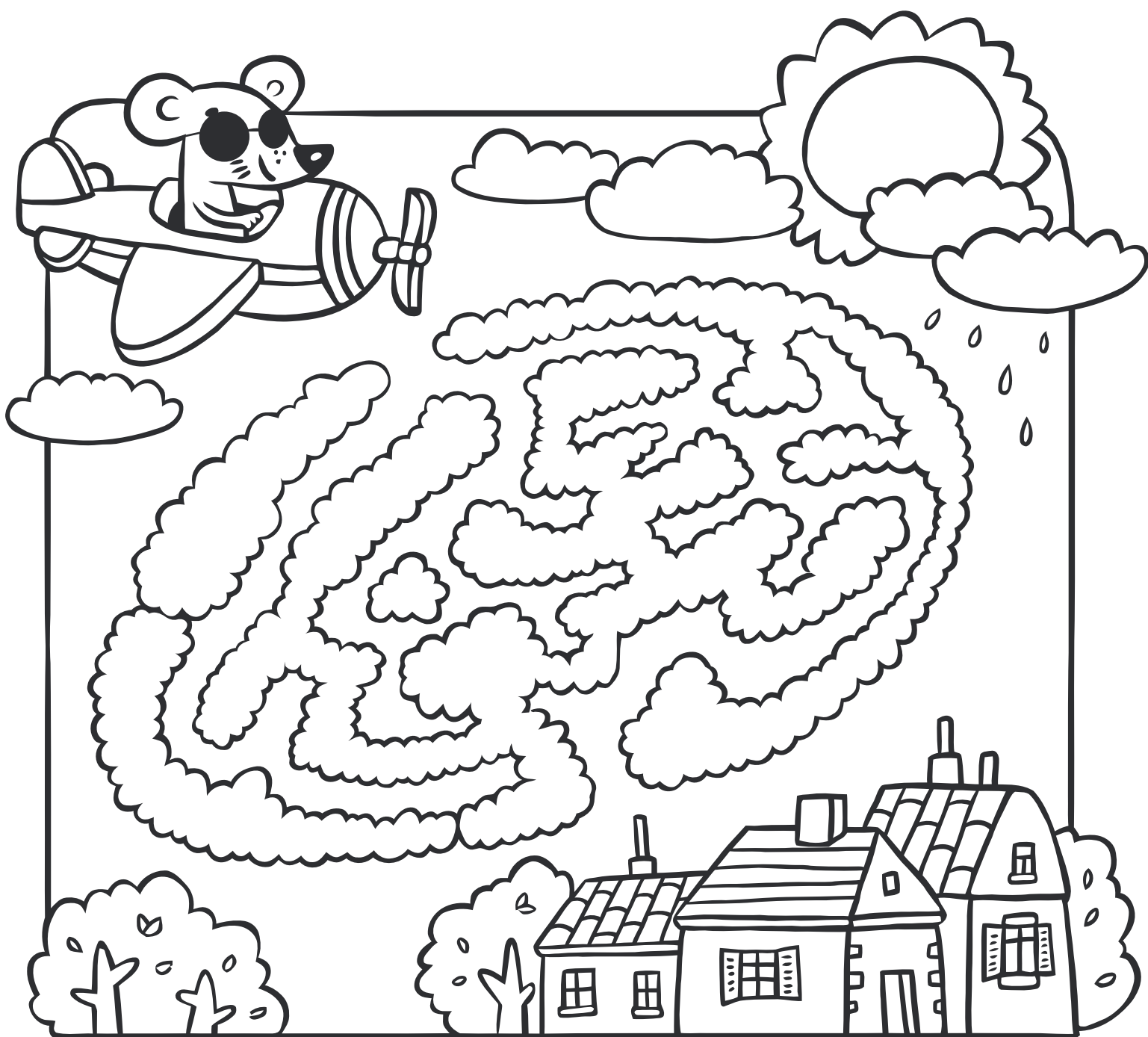
Where's Eyevan?

This exercise will help to strengthen your child's visual attention



Complete the Maze

This exercise will help your child increase their visual tracking abilities, plan ahead and problem solving skills.



Separate the words below with a line

Vision is learned. It is a process that occurs in the brain, the eyes simply being a means of transmitting data. Seeing 20/20, which most associate with good vision, is but a very small component (the data) of what is understood as Vision. This learning process, vision, is based on our interaction with the world around us. It controls our ability to understand what is seen, how we experience the world around us, how we learn, how we comprehend and how our body integrates with our environment. For many children, crucial visual skills were never learned or developed. For others, a disease process may have interrupted development. The resulting symptoms: poor attention, lack of coordination, lack of interest, short attention span, poor grades, poor comprehension and even behavioral concerns. Lacking the skills and experiences needed for developing vision can lead to lifelong challenges, including social, socioeconomic, behavioral and personal challenges. For a child with a vision development problem - life is harder than it should be. The eyes see, but the mind dictates its perception of what the eyes see.



255 - 1233 Lynn Valley Rd
North Vancouver, BC, V7J 0A1

Phone: 604.265.8267