

## Home Activities to Encourage Eye Teaming

1. Surround the crib and/or play area with fabric of a repeating pattern such as gingham to encourage the eyes, even when turned, to develop binocular cells in the brain.
2. Vary the way she is put in her crib so that sometimes the left eye faces the room, sometimes the right. With an obvious eye turn, expose that eye to the room twice as often.
3. Rotate her on your lap so that she sees you first with one eye, then with the other, back and forth like a rolling log
4. Place interesting mobiles or child-safe mirror on side of the turned eye to catch her attention
5. Encourage wide eye movements—get her to look all the way to each side with each eye
6. Encourage bilateral movement of the body—Angels in snow
7. Encourage balance and play on a large beach-type ball—place her tummy down and support her, but move the ball so she needs to keep balancing
8. Hold her by her hands and "swing" her carefully in the air—see Dr. Getz Thumb Lift
9. If she will wear a patch, do any activity that requires good fine motor control with each eye separately, doing twice as much with the eye that turns. Some beneficial activities include :
  - a. picking up cheerios or M & M's
  - b. spearing cheerios
  - c. pointing to known objects on the floor or in a book.
  - d. coloring or using her finger to outline something
  - e. placing pieces in a large puzzle
10. Approach him with food and toys from the side with the turned eye. Wait, while gently restraining his head, until he looks out toward you before you give him the object
11. Marsden Ball Hit/Kick (A marsden ball is a 3-4" diameter ball suspended from the ceiling by a string.)
12. Ball rolling using two hands
13. Catching a balloon, catching and popping bubbles
14. Crawling and creeping
15. Bear walk, Wheelbarrow walk
16. Lots of activities along the z-axis: rolling a ball to the child, playing "rocket ship" with food on a spoon...