



Visual Perception: A Parent's Guide



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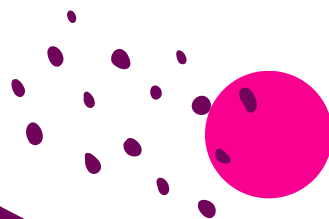
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What is Visual Perception?

Visual perception is the ability to interpret and make sense of the information our eyes receive from the environment. It involves various processes that enable us to recognise, organise, and understand visual stimuli.

It is important to note that visual perception is NOT the same as visual acuity. Although this may be a factor, visual perception is not only being able to see the object, but more importantly, it involves the understanding of the object within the brain. Thus, visual perception is the brain making sense of what the eyes see.



Types of Visual Perception:

There are different visual perception skills including:

Visual Discrimination: Differentiating between objects based on their characteristics.

Form Constancy: Recognising forms and objects regardless of their orientation or slight variations.

Visual Memory: The ability to remember visual information.

Visual Sequential Memory: Remembering a sequence of visual stimuli in the correct order.

Visual Closure: Completing a visual image when parts are missing.

Visual Spatial Relations: Understanding the position of objects in relation to oneself and other objects.

Visual Figure Ground: Distinguishing an object from its background.



How are Visual Perception Difficulties Diagnosed?

Visual perception difficulties are typically diagnosed through comprehensive assessments conducted by professionals such as Optometrists, Ophthalmologists, Behavioural Optometrists and Occupational Therapists. At Inspire Allied Health and Education Group our Occupational Therapists conduct assessments and diagnose visual perception difficulties.

Checklist for Parents: Characteristics of Visual Perception Difficulties

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- ✓ Difficulty recognising letters or numbers
 - ✓ Struggles with puzzles or visual games
 - ✓ Poor handwriting or drawing skills
 - ✓ Avoidance of tasks requiring visual attention
 - ✓ Frequent loss of place while reading
 - ✓ Inability to follow instructions with visual components
 - ✓ Difficulty in recognising shapes in different orientations
 - ✓ Difficulty in recognising similarities and differences
 - ✓ Forgetfulness regarding visual details
 - ✓ Difficulty differentiating between letters such as 'b', 'd',
✓ 'p' and 'q'
 - ✓ Difficulty remembering sequences
 - ✓ Problems with understanding spatial concepts
 - ✓ Difficulty isolating an object from its background
 - ✓ Difficulty copying words or drawings from one place to
another
 - ✓ Poor organisation skills



If You Suspect Your Child Has Visual Perception Difficulties:

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- 1. Consult a Professional:** Schedule an appointment with an eye care professional or an Occupational Therapist.
 - 2. Document Observations:** Keep a record of specific behaviours or challenges your child is facing.
 - 3. Communicate with Teachers:** Discuss your concerns with your child's Teachers to gather additional insights.



Strategies to Support Children with Visual Perception

Difficulties:

There are a range of techniques and strategies that are successful in supporting children who have visual perception difficulties. At Inspire our Occupational Therapists support children's visual perception skills in many ways, some of these include:

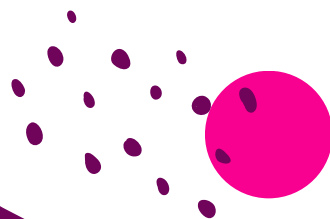
- Using visual aids such as graphic organisers.
- Breaking down tasks into smaller, more manageable steps.
- Use of multi-sensory learning techniques.
- Encouraging activities that improve hand-eye coordination.
- Integrating colours and contrasts for emphasis.
- Encouraging visual memory games.
- Providing opportunities for drawing and colouring.
- Encouraging visual tracking exercises.

- Engaging in activities that promote bilateral coordination.
- Encouraging outdoor activities that involve spatial awareness.
- Fostering visual scanning skills through search activities such as 'I Spy' and 'Where's Wally'.
- Engagement in activities that encourage visual discrimination such as 'spot the difference'.
- Encouraging activities that include visual discrimination and spatial awareness such as 'dot to dots'.
- Building structures with Lego and clocks.
- Playing memory card games.
- Playing games that involve tracking a moving object such as catching or hitting a ball.
- Using large, clear fonts for reading materials.
- Setting up the environment to support your child's needs appropriately.



Conclusion:

Remember that every child with visual perception difficulties is unique, and their needs vary. Please reach out to Inspire Allied Health and Education Group to find out how we can support your child and family.





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