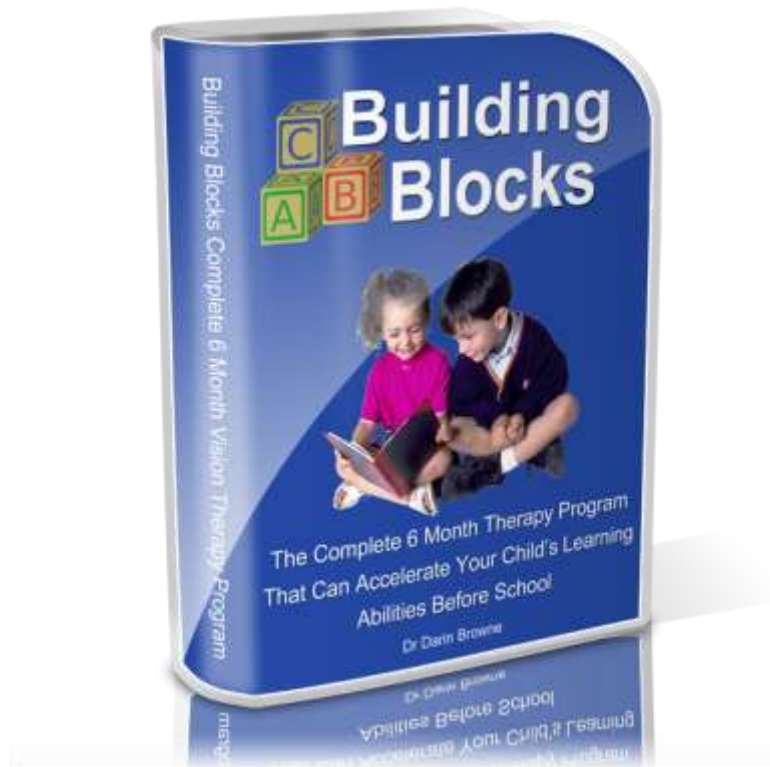


Building Blocks Vision Therapy Program

# Building Blocks



# Preschool Therapy Manual

By Behavioural Optometrist Dr Darin Browne

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## Welcome To This Unique Program

Hi, it is great to have you along, and I can't wait for you to get started and see your child improve as you help to develop their visual skills.

### What Are We Doing In Building Blocks?

I have been a Behavioral Optometrist for over 20 years (I started when I was 5...Ha, Ha!!!), and that means i have been working with children who have learning disabilities for all that time too.

There are a variety of reasons why kids have learning disabilities, including diet, behavior, dyslexia and the like. However, I noticed that nearly all of these children have poorly developed visual skills, and that when I trained these exact skills doing Vision Therapy, their performance in the classroom almost always increased, most often very dramatically.

When you think about it, it makes sense. The great thing about skills is that they can be trained, usually relatively easily, and thus I hit upon the idea of training these skills in the early years of development rather than waiting to see if they are developed naturally. If we concentrate in on these skills, then we should be able to develop them in preschoolers with a fair amount of ease.

### Visual Skills- What Are They?



Everybody develops skills as they go through life. I mean, I was not born being able to drive a car, yet now I can do this very complex task on autopilot. How is this so? It is due to the fact that, at 17 years of age, I worked hard to train the skills necessary to do the job. It was not easy at first, but because I practiced hard and was determined to get my license, I managed to acquire the skills that have remained with me my whole life.

**Visual skills, like any other skills, can be trained.**

Visual skills are defined as the developed abilities to perform visual tasks. They are not innate, and children, ALL CHILDREN have to develop them if they are going to do well in school.

Notice I said **ALL CHILDREN**. No child has these skills when they are born, but some develop them earlier and others later. Of course, for the early ones, they will be in far better shape to learn than those who develop later. The question is, can we manipulate this and make the ones who would be late become much earlier.

I believe we can, and that's what this therapy package is all about. You might be surprised to learn that up to 80 of children with learning disabilities, who struggle to read and write, have Visual Development problems and have not adequately developed their visual skills.

**What Visual Skills Are We Actually Helping?**

Visual skills are learned ways of interpreting and understanding the world around us. They include the following:

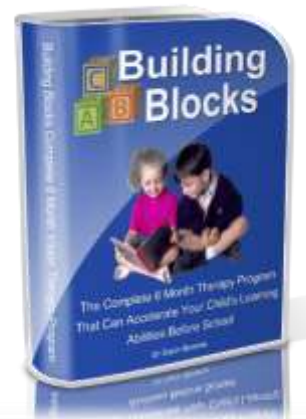
**Visual Memory:**

This is a key skill that must be developed in order for a child to learn spelling words adequately. Without the ability to visualize a child always has great difficulty learning letters and words. They can learn them purely by auditory memory, but it is far less effective than visualization.

Interestingly, we have generations of children who, even in High School and University, have real issues trying to spell correctly. This seems to coincide with the phenomenon of television and the internet, where all of our visualization is done for us.

In the old days of radio, and of parents reading to us, we heard a description of the story and IMAGINED it in our head. This is visualizing. Since TV, DVDs and the internet, all of our visualizing is done for us, leaving many children grossly underdeveloped in their visualizing skills, and hence very poor at spelling (even the smart ones!)

Building Blocks concentrates on and trains visual skills using our special techniques with great success. It could be the key to your child's reading and spelling future.



### **Gross Motor:**

This skill set involves gross or large body movements, and is central for sports, general coordination and almost all of the development of all the other skills. You cannot develop many of the visual skills you need in the classroom, without developing the gross motor, so in a sense it is the gateway to all the other skills.

Building Blocks has many gross motor exercises and we use these to build the other skills we enhance through the program.

### **Fine Motor:**



These are the small or fine skills that involve the fingers and eyes together. The main impact this will have on your child is in the area of coloring in, drawing and writing. Very often I see children “strangling the life” out of their pencils to try and make their pencils do what they want, and every time these kids have fine motor problems. Building Blocks has several fine motor exercises and successfully trains this skill in children.

### **Eye Movements:**

Being able to control our eyes as they move across the page is an essential skill for reading, and definitely for flowing and reading fluently. Simply put, if a child's eye movements are poor, then they cannot be sure that the information coming in through the eyes is accurate, i.e: that the eyes are pointing to the correct place on the page. Thus they need to recheck many times that they have the right word before they read it, and this slows them down enormously. Or, they exhibit signs such as misreading words, skipping words and mixing up or skipping lines of print.

Often if eye movement skills are poor, the child finds it very difficult to hit or catch a ball, and appears very uncoordinated.

The great news is that all of these skills will be improved using the Building Blocks Program.

### **Shape Awareness:**

This skill is essential in young children who are learning shapes and letters, and building blocks has several tasks that promote shape skills.

### **Sequencing:**

Important in many ways, from following instructions through to getting the letter in the correct order for spelling, this sometimes complex area is another which Building Blocks is so well situated to treat, and we have a lot of success with our many techniques.

### **Coding:**

When you think about it, coding is the basis of reading. If you look at a letter, the only reason it has significance for us is that we recognize the coding of that shape, and the sound it represents. So, for example, when I look at Chinese writing, I have absolutely no idea what it is about because I have not learned that code. For a child who has coding problems, learning the letter and reading can be a nightmare. Fortunately Building Blocks can change this, as we have included many coding aspects to our therapies.



### **Left-Right Directionality:**

When this area is underdeveloped it is one of the most spectacular because the result is the mirror-imaged writing sometimes associated with dyslexia. The great news is that, if we work with left-right awareness, we have tremendous success in stopping reversals of letter. In Building Blocks we have found a lot of fun and interesting ways to do this.

## **Why Bother Training Your Child's Visual Skills?**

That's not really the question. A better question is, do you want your child to learn easily and effectively?

Many parents I talk to who are struggling with their child's schooling in grade school would give anything to reverse time and do this therapy before their child even goes to school. I mean, if this stuff will give your child an advantage, why not give it to them?

A little bit of work now will lead to a less effort learning, less expense tutoring, and it will foster a genuine love of learning that will stay with them their whole life. Ultimately you also help your child's self-esteem, confidence and future career!

**With so many positives, and absolutely no negatives, why wouldn't you do these simple therapies now, and pave the way for a bright, successful and enjoyable future for both you and your child!**



So, let's get into Building Blocks and let's Jumpstart your Child's learning today!





# Instructions for Your Therapy

Hi, welcome to the Building Blocks Preschool Therapy, the only therapy on the internet that will **SUPERCHARGE** your child's learning experience.

## **The Colors:**

The program involves doing the following activities every day from each coloured group.

## **The Times:**

You are to spend 2 weeks on each coloured group, doing every activity from that group daily. It does not matter what time of day you do this, and we do not want you to spend longer than 5-7 minutes on each activity, (unless your child is really enjoying it.) Total time to spend each day doing these tasks should be limited to 30 minutes maximum.

## **The Routine:**

The whole idea is to get regular and into a routine for the exercises done, and then you will find that you can easily do these tasks as required, between 12-14 times in the two week period.

## **The Support:**

If you run into difficulty, feel free to [email me](#), but even if you are not entirely sure of what you need to do, **please at least continue making attempts to do the exercises DAILY.**

## **It is better to do these activities badly than not at all!**

The whole idea is to do the work, **but have fun doing it.** Your eyes may get tired, and your brain may stress out, but keep going without overdoing it too much.

Remember, there are no prizes for bringing on migraines, causing family breakdown or destroying parent-child relationships!

We want Learning @ Lightspeed to be a fun and worthwhile series of activities for you and your child. I know that, no matter what level your child's development is at, you can pursue these activities and seriously supercharge your child's learning ability, thus avoiding future learning disabilities and reading difficulties!

So, have fun and enjoy the **Building Blocks** experience!

The colored Schedule for Building Blocks is listed on the next page. You are to do EACH exercise in the color for 2 weeks, then move on.

## Building Blocks Vision Therapy Program



### **Building Blocks Preschool Therapy Summary**

#### Partial Picture

Body Lifts

Synchronized Bag Toss

Ball Skills Balloon

Bee Boppin'

String Walk M

Happy Face Pickup

Threading Beads

Clap Patterns

Angels

Book on Head

Flashlight Tracing

Ball Skills Bounce

Body Rolls

Listen Tap

Pie Tin

Scissor Activities

Crawling Patterning

Shape Patterning

VMA

Body Alphabet

Chalkboard Os and Lines

Body Combo

LR Foundations

Flight Plan

Dancing Chart

Flip Flops

Ball on String

Cross Rd

Hop Scotch

Template

Flash Cards

Finger Chart

Robot in Mirror

Geometric Shapes

Spelling

XO

**You are to do EVERY EXERCISE in EACH COLOR for 2 WEEKS, Then move to the next color.**