

Guidelines for Home Assistants of Optometric Vision Therapy Patients

1. It is very important that the child be prepared in advance before introducing any of the home procedures. The learning conditions must be such that he responds to the demands of the task in such a way as to make the experience both pleasurable and meaningful. In this way the child's learning is enhanced.
2. The following steps will help him to accomplish this goal:
 - a. The home procedures must NOT be approached on a "right" or "wrong" basis.
 - b. Don't tell your child how he did on each procedure--let the child tell you. In other words, he should be allowed to assess his own performance.
 - c. Discuss with the child how much progress he has made each time. Let him figure out what he must do differently next time if he is to move towards the desired goal of the particular procedure.
 - d. Don't emphasize the unaccomplished phase of the performance. Instead stress the part he DID accomplish. Being 75% right sounds much better than being 25% wrong.
 - e. Don't supply your child with too many answers. Learn to ask the right questions so that he can come up with his own answers. Observe and ask questions. Do not judge or label your child's performance.
 - f. It is not always necessary to work on a given procedure for the length of time stated in the instructions. If it is obvious that your child is tiring, stop short of failure and try again next time. If he is experiencing success on a given procedure and wishes to continue with it a while longer, encourage him to do so. Challenge, but do not frustrate.
3. Some general considerations are:
 - a. Learning always takes place more easily in a pleasant atmosphere than in an unpleasant atmosphere. Therefore, if you are overtired or cross, do yourself and your child a favor and skip home therapy that day.
 - b. If your child is not feeling well, do not work with him that day.
 - c. Home therapy procedures are done best without an audience. If others are around, retire to a separate room with your child and close the door.
 - d. The patient is the one who has the problem. Therefore he must approach the home procedures as a means to allow him to solve HIS vision problem. You should not have to nag him to do this. If there is a problem in this area, please let us know immediately.