

vision  
is more than 20/20

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## About the Clinic

Founded in 1995 by Dr. Lori Mowbray, a Board Certified Developmental Optometrist and a Fellow with the College of Optometrists in Vision Development, the clinic specializes in working with children and adults with visual dysfunctions. A Board Certified Developmental Optometrist is an optometrist who has additional training in the testing, diagnosis and treatment of vision disorders. Board certification happens through comprehensive testing completed with the College of Optometrists in Vision Development.

Unsurpassed for its thorough evaluations and highly trained therapists, the clinic has helped people overcome visual disabilities with a 95% success rate after therapy. Our therapists receive training in the latest vision therapy procedures by board certified vision therapist training staff, as well as national leaders in the field of vision therapy.

Programs offered at Minnesota Vision Therapy Center include vision therapy for learning related problems, vision therapy for strabismus (eye turns) and amblyopia (lazy eye), post trauma therapy, special needs therapy and a guided preschool development program. We also offer educational services (many of which qualify for continuing education credits) at no cost as a public service to help you understand and help others with vision disorders.

## Clinic Locations:

Bloomington • Mankato • Owatonna • Osseo  
952.844.0844 • 877.756.0844  
mvtc@minnesotavisiontherapy.com

## For more information

- P.A.V.E. Parents Active for Vision Education  
1-800-PAVE-988 [www.pave-eye.com/vision](http://www.pave-eye.com/vision)
- College of Optometrists in Vision Development  
1-888-268-3770 [www.covd.org](http://www.covd.org)
- American Optometric Association [www.aoanet.org](http://www.aoanet.org)
- [www.vision3d.com](http://www.vision3d.com)
- *Your Child's Vision, A Parent's Guide to Seeing, Growing and Developing*  
by Richard S. Kavner, OD
- *Developing Your Child for Success*  
by Kenneth Lane, OD

# PRESCHOOL GUIDED DEVELOPMENT PROGRAM



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## How Vision Develops in Children

Vision is made up of many components. Eyesight or the ability to see 20/20 with or without corrective lenses is only one component of the visual system. Your eyes, nerves and the brain work together to control the entire visual system. The information seen by your eyes is processed through nerve connections and handled in the brain in many different ways. Your eyes need to work together to track and focus. Your visual system controls perceptual skills such as depth perception and cognitive memory.

The visual system with all of its components matures through development, with the majority of that development happening during infancy and early childhood. Many different factors can interfere with the proper development of the visual system. Childhood illnesses, head trauma or injury, complications during delivery or pregnancy, inherited traits and environmental factors are all examples of things that can contribute to incomplete development of the visual system.

There are many things that parents and caretakers can do during this time of early development to enhance and improve how the visual system functions later in the life of a child. School aged children and adults with visual disorders often face a lifetime of learning difficulties and frustration both in the classroom, workplace and in everyday life.

## Promoting Vision Development in Infants:

Hold and feed your baby on alternate sides.  
Hang a mobile from the side of the crib.  
Provide stimuli with different colors, sizes and textures to look at and feel.  
Play pat-a-cake and peek-a-boo with your baby.  
Place objects on the high chair tray that can be safely dropped or pushed off.  
Do not rush walking; crawling is an important part of development.  
Provide an initial eye exam at 6 months of age, sooner if problems are evident.

## Toddlers:

Play ball games with your toddler.  
Read often to your toddler.  
Provide paper, crayons and markers for playtimes.  
Provide simple puzzles and building blocks.  
Try finger painting or chalkboard drawing with your child.  
Try outdoor activities such as swinging and spinning.  
Provide an eye exam at age three.

## Preschoolers:

Continue to read with your child.  
Encourage play activities requiring hand-eye coordination such as block building and puzzles.  
Play simple memory games.  
Provide opportunities to color, cut and paste.  
Make time for outdoor play including ball games, bike/tricycle riding, swinging and rolling activities.  
Provide a preschool comprehensive eye exam.

## Symptoms of Vision Development Problems

Please note that this list is not inclusive of all of the possible symptoms.



- Squinting
- Complaints of eyes hurting or headaches
- Crossed or turned eyes
- Trouble with balance
- Excessive blinking
- Rubbing eyes frequently
- Delays in small motor coordination
- Poor hand-eye coordination
- Poor depth perception
- Head tilting during visual tasks
- Difficulty in judging sizes and shapes
- Extremely short attention span
- Unable to follow a moving target visually
- Motion sickness
- Avoidance of play requiring concentration
- Excessive clumsiness
- Avoidance of bright light

- Squinting
- Complaints of eyes hurting or headaches

## What to do if you suspect that your preschooler has a visual disorder

From infancy through age six the myelin (covering of the nerves) is in the process of fully developing. During this time there is a wonderful opportunity to enhance the maturity and development process in the visual system through a guided development program.

Minnesota Vision Therapy Center offers a 10 – 15 week program of guided development for the visual system specifically designed for children ages 3 through their sixth birthday. The initial testing and consultation for this program is free of charge and takes place in our Bloomington office.

During the program, a trained therapist will work once a week with you and your preschooler to customize activities that enhance the development of your child's visual system. These activities have been compiled from time tested and proven therapy procedures from leading pediatric institutions, including preschools and pediatric clinics. Activities are designed to use common household items. The program is tailored to your child's age and developmental stage.

The Preschool Guided Development Program is not a replacement for a vision therapy program; rather it is a preparation that, in some cases, may shorten the length of a future vision therapy program.

## Contact us

Please call our clinic at (952) 844-0844 or toll free at (877) 756-0844 for more information. A recent (no more than twelve months old) eye health exam is required prior to the initial evaluation appointment. We will be happy to provide you with a list of optometrists if you do not already have a family optometrist in your area.