



**Royal Society for Blind Children**

## How can I help my baby move?

While it can feel alarming, it isn't unusual for babies who have a vision impairment to be a little delayed with their movement.

We suggest speaking to your child's Qualified Teacher for Vision Impairment (QTVI) and asking them to make a referral to a Qualified Habilitation Specialist (QHS) who will be able to offer you child specific advice relating to your baby's mobility.

While you are waiting to see your habilitation specialist, there are lots of activities you can do at home to help encourage your baby to start moving. Here are some suggestions:

- From very early on give your baby gentle massages to help them become aware of their own body.
- Rock your baby and carry them to help them become aware of themselves in space.
- Encourage tummy time -babies with vision impairment tend to prefer lying on their back but do try to encourage short periods of time in different positions if you can.
- Try lying your baby on different texture surfaces, for example a rug, or a crinkly mat so they get different feedback when they move their arms or legs.
- Lie your baby under a baby gym so when they kick their arms or legs, they will locate a noisy toy. They may need a little bit of help first to know how this works, gently guide a foot to a toy, then watch as they learn to play by themselves.
- When your baby is lying down, talk to them from different positions to encourage them to turn towards you.
- Bells on your babies' wrists and ankles can help your baby understand how their body moves in space.
- When your baby is lying on a mat place rattle to their sides for them to find, gradually move these to encourage your baby to reach for them. You might need to guide their hand at first to show them how.
- Sing lots of nursery rhymes with actions, head, shoulders, knees and toes etc. Help your baby get to know about their body!
- As your baby starts reaching out for their toys, try and keep them in the same place so your baby has success when they reach out!

**A little note: noisy toys are a great nonvisual motivator but try to avoid anything too loud as they might startle your baby.**

Our Families First team of family practitioners are here to support you through your child's early years and into the future

RSBC can help you with:

- practical advice about your child's development
- support when you feel overwhelmed.
- understanding your child's vision impairment better
- living as a family and being supportive of each other

Call 020 3198 0225 or email [connections@rsbc.org.uk](mailto:connections@rsbc.org.uk)

