

# For Children with Vision Loss

Being read to is a part of a rich childhood and will help your child develop and learn. Your child with vision loss may be able to start feeling textures on a page and, depending on her vision, may start pointing to pictures, repeating words, or letting you know in other ways that she is sharing a meaningful experience with you. She enjoys cuddling up with you in your lap, or next to you on the sofa or the floor with good lighting, and sharing something interesting. Reading aloud and talking about the story and pictures help her listen and learn how words make sense.

Work together with her therapists and teachers to learn how reading can help with motor skills, speech and language development, and play activities. Children who have little or no sight may learn to read using symbol systems such as Braille that they can feel while being read to. Her enjoyment can be your guide to choosing a book at the right level; you can try a book for an older age or go back to an old favorite. Reading aloud helps to make reading fun, strengthens her speech and language skills, and gives her a gift that will last for life—the love of books.

## READING TIPS FOR YOUR

### Infant or Toddler

- **Make sure there is plenty of light** to help him see the page.
- **Find books that have rhymes.** Clap your hands and help your baby clap to the rhythm.
- **Choose books that help your child learn parts of his body.**
- **Talk about the pictures and read the text.**
- **Find books that have textures** or pop-up or raised soft shapes to name.
- **Find books with buttons he can press to make sounds.**
- **For a child with little or no sight, help him become familiar with Braille.** Use early Braille books or twin vision books with pictures, print, and Braille.

## READING TIPS FOR YOUR

### Preschool or School-Age Child

- **Sit together and read at a time when reading can be fun and relaxing,** such as bedtime or after a trip to the park.
- **Make sure there is plenty of light** to help him see the page.
- **Large print books can make tracking the words easier.** Find books on topics that interest him, such as animals or sports.
- **Find audio books that he can start or stop.**
- **While reading to your child, present him with real objects from the book for him to feel and explore.**



## INFANT OR TODDLER SUGGESTED BOOKS

Books that have soft or textured shapes or pop-out pieces to feel and name.

***Pat the Bunny*** by Dorothy Kunhardt  
(and other Touch and Feel books)

***Where Is Baby's Belly Button?***  
by Karen Katz

***DK Braille: Animals*** (and other titles)

***How Do Dinosaurs Eat Cookies?***  
by Jane Yolen

***Black & White***  
by Tana Hoban

## PRESCHOOL OR SCHOOL-AGE SUGGESTED BOOKS

***Mr. Brown Can Moo! Can You?***  
by Dr. Seuss (use with plastic or stuffed animals)

Books with wheels or parts that move

***The Black Book of Colors***  
by Menena Cottin and Rosana Faria

***If You're Happy and You Know It***  
by Annie Kubier



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# RESOURCES

## BOOKS FOR OLDER CHILDREN

***Knots on a Counting Rope*** (Ages 4-8)  
by Bill Martin Jr. and John Archambault (1997)

***Blindsided*** (YA)  
by Priscilla Cummings (2011)

***My Three Best Friends and Me, Zulay***  
(Ages 4-8)  
by Cari Best (2015)

***The Heart of Applebutter Hill*** (YA)  
by Donna W. Hill (2013)

***Adventures of Abby Diamond*** (Ages 10-12)  
by Kristie Smith-Armand (2009)

***Max the Champion*** (Ages 4-8)  
by Sean Stockdale (2014)

## BOOKS FOR PARENTS

***Children with Visual Impairments:  
A Guide for Parents***  
edited by Cay Holbrook (2006)

***Experiencing Literacy: A Parents' Guide  
for Fostering Literacy Development of  
Children with Visual Impairments***  
by Cay Holbrook and Alan Koenig (2005)

***Reach Out and Teach: Helping Your  
Child Who is Visually Impaired Learn  
and Grow***  
by Kay Alicyn Ferrell (2011)

## ORGANIZATIONS (find all web resources at [reachoutandread.org/ddresources](http://reachoutandread.org/ddresources))

**American Action Fund for Blind  
Children and Adults**  
[actionfund.org](http://actionfund.org)

**American Foundation for the Blind**  
[afb.org](http://afb.org)

**Centers for Disease Control and  
Prevention**  
[cdc.gov/actearly](http://cdc.gov/actearly)

**American Association for Pediatric  
Ophthalmology and Strabismus**  
[aapos.org](http://aapos.org)

**National Association for Parents of  
Children with Visual Impairments**  
[napvi.org](http://napvi.org)

**National Eye Institute/National  
Institutes of Health**  
[nei.nih.gov](http://nei.nih.gov)

**American Academy of Ophthalmology**  
[aao.org/eye-health/diseases/low-vision](http://aao.org/eye-health/diseases/low-vision)

**Perkins eLearning**  
[perkinslearning.org](http://perkinslearning.org)

**American Action Fund for Blind  
Children and Adults - Free Braille Books  
Program**  
[actionfund.org/free-braille-books](http://actionfund.org/free-braille-books)

## MEDIA AND TECHNOLOGY RECOMMENDATIONS

- Young children may love electronic devices, but they don't learn as much from them as they do from reading and playing games with family. It is important for you to think and talk with others about the ways your young child with vision loss will best connect to media.
- For children under two years old, the American Academy of Pediatrics (AAP) advises using electronic media only for connecting with people close to them, such as parents deployed overseas or grandparents.
- For older children, the AAP suggests no more than one hour a day of high-quality programs.
- Sit with her while she is using electronic media, and talk about what she is experiencing.
- For many children, it's too hard to limit electronics; it may be a good idea to eliminate them altogether.
- Of course, put away your own devices. Instead, play, sing, talk and read together.
- For more information on media and technology use, visit [healthychildren.org/english/family-life/media/pages/default.aspx](http://healthychildren.org/english/family-life/media/pages/default.aspx).

Reading tips on  
the opposite side

