

Top Tips to Support Your Child's Development

Cognitive Development: Tracking Objects

Supporting Your Child to Focus On and Track Objects - activities to support the development of visual tracking skills, needed for most daily activities, coordination and physical control.

Visually focusing on and tracking objects, or activities which encourage your child to notice objects around them will support their learning in other areas of development.

Activities where your child learns to focus on an object as it moves across their visual field will support them with other activities as their skills develop (e.g. reading and mark making/writing; play; moving around, hand-eye coordination; using scissors; body awareness and control).

1. Provide opportunities for your child to track objects when held in front of them, moving the object slowly from left to right / right to left (use toys/materials with lights or sounds to attract your child's attention). Encourage your child to focus on the toy first and then move the object slowly, allowing them to track the object before giving it to them to play with as a reward.
2. If your child loses focus, bring it back in front of them, or closer to them. You can also try wriggling the object/toy to gain their attention again.
3. Try using torch light on a foil blanket in a darkened room to encourage your child to follow the light (please note, unless you have had specific advice, do not shine the torch directly towards eyes.)
4. Try using black and white or red/red and yellow coloured toys/objects (which younger children will be able to see more easily).
5. Use a hand puppet and move out of sight slowly, and back again.



6. Support your child to play games which encourages them to track a ball, or play with car/ball helter-skelter games and marble runs.

7. Use balloons and push them back and forth between you and your child; balloons float slowly and can be



larger/easier to follow.

8. Use wind up cars or train sets and encourage your child to follow the objects whilst playing games.
9. Encourage sharing picture books, following pictures, then simple words/sentences from left to right.

