

Pack for eye contact



This pack should only be used under the guidance of a Speech and Language Therapist

Original concepts by Speech and Language Therapists in Hull and East Yorkshire
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D.O.B:

Name:

School:

Overall aim(s)	Where am I now?	What will I achieve?	Outcome	Actual Outcome
To help the child improve their expressive and receptive language skills to their full potential	The child 's eye contact is not age appropriate	The child will be able to use appropriate eye contact (as indicated by the therapist) during a structured therapy session		
Therapy package: Targets will be reviewed as agreed with the speech and language therapist	Timescale: As agreed with the speech and language therapist	Factors contributing to outcome: Commitment from adults working with the child and regularity of practice.		

Please work through the following activities. If you have any questions or feel that the targets have been achieved, please contact the speech and language therapist



Developing a child's eye contact



- ❖ Eye contact is an important skill to develop.
- ❖ Looking at a person's face gives you extra clues through facial expressions, gestures and lip patterns.
- ❖ Children who are finding language learning difficult need these extra clues to support their language.
- ❖ Keeping eye contact shows you are interested in each other.
- ❖ Limited eye contact can cause communication between people to break down.
- ❖ By making your own facial expressions interesting it will encourage your child to look at you.



Developing Eye Contact

Young children with communication difficulties may have poor or fleeting eye contact.

Good eye contact is important for successful social interaction.

Looking at the person who's talking helps us to gain information about language through facial expression and gestures.

When working with your child, place toys near your face to encourage them to look at you. If they look away, stop the activity and call their name before starting again.

Try to encourage your child to look at you, but never force them.

Activity Ideas

Songs and rhymes

- Pat-a-cake clapping games
- Round and round the garden tickling games
- Row the boat rocking games



All these types of songs encourage interaction as you face each other. Wait for your child to look at you before tickling/rowing etc.

Favourite toys, e.g. posting game, stacking rings, inset puzzles

- Give your child one piece at a time and encourage them to look at you before giving the next piece
- If your child is reluctant, try to get his/her interest by playing with the shape in an unusual way, e.g. put it on your head, throw and catch it, hide it behind your back
- As soon as you get eye contact, hand it over!



Activities to Develop Eye Contact

❖ *Peep-o games*

Peep-o can be played anywhere and at any time, from behind furniture or curtains, getting dressed or undressed. Children usually love the anticipation of seeing you appear.

❖ *Noisy Toys*

Squeaky toys, rattles, bells or whistles can be used to encourage eye contact. Choose a toy and make a noise. Stop the noise and wait for your child to look at you before starting again.



❖ *Hiding games*

Wave a coloured scarf up and down over your child so that he/she watches it and feels the breeze. Lift it high and let it fall over your face.



❖ *Face masks*

Make masks from paper plates and cut out holes for the eyes, nose and mouth. Use the mask to play peep-o or boo! games.



❖ **Sunglasses**

Try taking sunglasses on and off to encourage your child to look at you. You could pull funny faces at the same time to make it even more interesting.

❖ **Binoculars**

Look through two old kitchen rolls to make eye contact. Painting or decorating them will make it more interesting.

❖ **Ball games**



In throw and catch games, wait for your child to look at you before throwing the ball or hide it behind your back until your child looks at you.

