

## Having a good look – tracking and scanning

When our eyes are working well, we can look, track and scan efficiently. We can then use our brains to make good sense of what we see. This is called visual perception. Visual perceptual skills are the foundation for successfully processing visual images. Good skills in this area are helpful in preparing your child for school, as they contribute to reading, writing and other learning areas.

Watching television does not necessarily give children's eyes the right sort of practice for activities such as reading. Having a good look involves using the eyes to search for detail. The foundations for this are tracking and scanning.

**Tracking** is the ability to follow an object with your eyes. Later on, it develops into the co-ordinated eye movements needed to follow print.

**Scanning** refers to the ability to find detail in a picture, around a room or on a page. To be successful at scanning, children need to develop an ordered way of looking, usually top to bottom and left to right.



### Home tips for tracking and scanning

- **Rolling balls**

Roll different balls down a small hill. Watch where they go and then have a race to grab them!

- **Bubbles**

Blow bubbles and get your child to poke them with a finger or 'clap' them between his hands.



- **Totem tennis**

If your child is too small to manage this commercially available game, try suspending a ball in an old stocking from a hook or a tree outside. Push the ball back and forth to each other.