

## How to do **Convergence** Eye Exercises

Convergence eye exercises for younger children are done by using a pen or small toy. Sit directly in front of your child, and have him/her look at your nose, then at the pen/toy (held at 10cm from their nose), and watch their eyes for equal convergence (turning the eyes in). If the pen/toy is aligned with the centre of their nose, both eyes should be turned in by the same amount. Do a few jumps between your nose and the pen/toy, having your child hold the nearer focus for a few seconds each time. This is practising the eye movement of board-to-book which is done repeatedly at school.

Once they can hold this convergence, then ask them a question and prompt them to keep looking at the pen/toy. Make the questions age appropriate by using number/letter facts for preschool/early primary age children, or their spelling list if older. Whatever the question is, it must make them THINK – this is teaching your child to be able to hold their eye coordination while thinking; which will improve concentration and comprehension while reading. If you see your child's eye wandering, ask them to 'look at the pen' or 'use both eyes' – even from an early age, children know exactly what this means.

Once a question/spelling word task is successfully completed, have them look back at your nose, back to the toy (repeat this a few times) and then ask another question. Try to do this for a total of 15 minutes each day – these can be done in a few instalments to better hold your child's attention.

If you have any questions, please contact us on **3210 1822**.