

Blind & Partially Sighted Parents – Coping with Babies and Toddlers



I have a visual impairment and I am expecting a baby – can you give me any advice please?

- Keep everything needed for nappy changing in a holdall next to the changing mat.
- To ensure baby is safe change the baby on a changing mat on the floor.
- Choose a high chair that has a rimmed tray and is easy to clean.
- Large sheets of newspaper or a plastic tablecloth, under the high chair makes the job of clearing up afterwards much simpler and you can wash the tablecloth clean.
- Hold the spoon with the food, with the thumb and last three fingers and use the forefinger to touch the baby's cheek, this persuades the baby to turn its mouth towards the food.
- The best bib was a plastic one with sleeves and a plastic bib with a pouch to catch any dropped food, therefore keeping baby's clothes clean.
- Try to have a clean, damp, cloth nearby to wipe over baby's hands avoiding sticky finger marks everywhere.
- Put the baby bath into the big bath, this makes bathing baby safe.
- Attach a cat bell to baby's clothing, helps "mom" to keep track of baby's movements once baby starts crawling.

SAFETY IN THE PARK OR PLAYGROUND

- Baby reins help to keep a small child safe with mom when out and about, later insist on holding hands and have strict rules regarding running free.
- Talk to your small child continually to keep track of where they are, asking for a reply, a good technique when in the park.
- Stand by the entrance to the playground, there is no chance you might miss your child if they leave.
- Dress your child in a distinctive colour, so you can easily spot them in a group, if you have residual vision.

IDEAS ON TOYS

- Try to have rules and train your children about where toys can be left. It is important toys are not left lying around as they may cause an accident. Have allocated areas where toys are kept.
- Large colourful plastic storage boxes are useful and reasonably priced and make good toy storage.

USEFUL CONTACTS FOR CHILD CARE PRODUCTS

Ricability - an independent research charity, has completed a three year programme of research on the use of everyday childcare products by parents with disability. Guides available on tape, large print, text or Braille.

Tel. 020 7427 2460

web: http://www.ricability.org.uk/consumer_reports/parenting/

VIPA – group for parents who are visually impaired: Tel. 0161 872 1234

Toy suppliers:

Rompa	0845 230 1177	www.rompa.com
SpaceKraft		www.spacekraft.co.uk
The Big Sensory Catalogue	01440 705352	www.sensoryplus.co.uk
Learning Materials Limited	01902 454026	www.learningmaterials.co.uk
TFH Special Needs	01299 827820	www.specialneedstoys.com
Tocki	01430 410515	www.tocki.co.uk
Story Stack	0161 7636232	www.storystack.com
Edu Play	0116 2704286	www.edu-play.co.nz
Inclusive Technology	01457 819790	www.inclusive.co.uk
Galt	08451 203005	www.galt-educational.co.uk
Acorn	01536 747484 / 400212	www.acorneducational.co.uk

Disclaimer: Information sheets have been produced to provide information and advice for the parents of visually impaired children. Changes may occur in theories and legislation, however, the information sheets have been written in good faith, as a general guidance tool. If you have any questions with regard to issues raised by the information sheet, please contact the National Blind Children's Society, National Family Support and Information Manager.