

## Binoculars and Sunglasses



Wearing dark sunglasses will encourage your child to look at you.

Try looking through two toilet / kitchen roll tubes.

## Songs and Rhymes

Any of your child's favourite songs or rhymes are good for helping to develop eye contact.

Stop singing occasionally and wait for your child to look at you before you continue.

You could try *'Twinkle Twinkle'*, *'Wind the bobbin'* or any that you enjoy!



## Bubbles or balloons

Help your child to follow toys / objects with his eyes.



If your child is watching your face when you are blowing bubbles or blowing up balloons, wait for him to look at you between each breath.



## Hiding Games and 'Boo!'

Wave a coloured scarf / cloth up and down. Lift it high and let it fall on your head.

Wait for your child to pull it off and say "boo" or "peek-a-boo"!

## Useful Information

This information was written by the  
Speech and Language Therapy Department

For more information or advice on your baby or  
toddlers speech or communication please contact:

**Speech and Language Therapy Department**  
**Martin Dawes Stand**  
**Halliwel Jones Stadium**  
**Winwick Road**  
**Warrington**  
**WA2 7NE**  
**01925 251389**

**NHS Direct** - 24 hour advice and health information service

**NHS Direct Tel No: 0845 46 47**

**Local Pharmacy** - Your local pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

For impartial and confidential advice or information about local health services call Val Harper on our freephone Patient Advice and Liaison Service line on 0845 301 3005.

This leaflet is available in alternative formats, for further information contact PALS on 0845 301 3005.

Visit our website at: [www.bridgewater-warrington.nhs.uk](http://www.bridgewater-warrington.nhs.uk)

## SPEECH AND LANGUAGE THERAPY DEPARTMENT

### Top Tips for Developing Eye Contact



Here are some helpful ideas and tips  
to develop your child's eye contact