

ABOUT OUR DOCTOR

Dr. Henshaw grew up outside Boston and attended Pacific University near Portland Oregon. He served five years as an Army optometrist during the Vietnam War at Walter Reed Hospital in Washington, D.C. In 1972 he took over a practice that was established early 1900's.

Dr. Henshaw has a specialty in vision therapy and is a member of the College of Optometrists in Vision Development as well as the College of Syntonic Optometry. He has specially training in vision and computers, visually related learning problems, sports vision, orthokeratology, visually related traumatic brain injury, and light therapy. He is a member of the Optometric Extension Program, a past president of the San Joaquin Optometric Society, and a twenty-five-year member of the American Optometric Association. He was active in Junior Achievement, and was chairman of the Governmental Affairs Committee for the Lodi chamber of Commerce. As a Rotarian in the Lodi-Tokay Rotary club he served as secretary and the Dial-A-Ride committee chairman and is a club designated Paul Harris Fellow.

Dr. Henshaw hosted The Vision Excellence Hour - with An Eye toward Prevention on KCBC radio 770 AM for three years.

Judy, Dr. Henshaw's wife is a retired real estate broker and between them are 7 adult children and 16 grandchildren. He has interest in aerobics, cooking, hiking, photography, and reading. He attends a local Christian Church and authored What Would Jesus See - a developmental optometrist's journey through vision care with an eye on the Bible available on Amazon and our office.

Infant

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Vision Excellence* practiced here

INFANT VISION



Photo by Bridget Santiago

* Not a DBA, but an apt description

Vision is learned just like speech is. You can hear babies learn speech, but you do not know what to watch for as their eyes learn how to see. We have some suggestions to help your baby's vision. Most have been taken from "Mommy & Daddy You Can Help Me Learn to See" from the American Optometric Association.

☺ Proper nutrition during pregnancy by avoiding environmental poisons like nicotine, alcohol, and sugar is essential.

☺ Breast feed your baby.

☺ Do not leave a night light on all night in your baby's room. It can interfere with natural rhythm. Certainly use the light when you must attend your baby at night.

☺ Move the crib in various positions in the room.

☺ Lay your baby in different directions in the crib.

☺ Talk to your baby from different positions.

☺ Talk in a normal voice, not always a "baby" voice.

☺ Allow your baby to hear the difference between a male and female voice.

☺ Place a tactual mobile (play gym) on the crib that can be dismantled. It is moved to the side when not in use so your baby gets an opportunity to see further out in space. The attractive mobile may keep him centered in close space.

☺ Make sure the tactual mobile (play gym) make sense. You touch knobs, pegs, and balls, but not birds.

☺ Allow your baby in other rooms during the day.

☺ Change & feed your baby from alternate sides.

☺ Carefully select the crib construction. ☺ Certain meshes are loosely woven enough to prevent your eyes from focusing through them (☺ mosquito type seems the best). ☺ Wooden bars are stylish but afford the baby an opportunity to pull himself up on

two legs too early.

☺ Avoid walkers! They are very dangerous and put two-eyed vision at risk by making him walk too soon.

☺ Do not hold your baby in a standing position either in your lap or on the floor so you will not encourage him to walk too early. Watch the expression on babies faces when this happens - 9/10 times you'll see fear.

☺ Walking should be done on his own time, ideally around 15 months, not the rushed less than 12 months that many parents push

☺ A rattle develops eye-hand coordination and matching of senses.

☺ Play "Peek-a-boo."

☺ Play patty cake at 16 weeks.

☺ Help your baby put together plastic or wooden blocks.

☺ All toys should be of bright color. ☺ The severe black and white idea of baby's toys came from research that did not account for how quickly babies acquire color vision.

☺ If you bottle feed remember to switch arms as if breast feeding.

☺ Allow toys to enter the mouth. He is learning to associate senses, and touch is strong now. ☺ You might even assist your baby in reaching his feet with his mouth.

☺ Please and thank you helps him realize visual grasp and release.

☺ Bells on booties enhance sense matching.

☺ At 6 or 7 months, as often as possible, allow play on the floor, preferably without a diaper. Allow him to experience different textures and surfaces. The rug would require the diaper!

☺ Allow other children to play with your baby or at least be around for the baby to observe and copy.

☺ Allow objects to be pushed off a high chair.

☺ Use proper words to describe what is happening on the high chair like, "there it goes! All gone," here it is."

☺ Yes, it is appropriate to prevent the food from being shoved off the high chair with words like "no," Holding on to the plate, or using suction cup devices to secure the food dish is a good idea.

☺ Use appropriate words for other activities like bath, lunch, brother, sister, etc.

☺ Don't fence your baby in. They need to explore so you need to baby proof. Stairs need a gate.

☺ Yarn or string pom poms add to regular balls and may be easier to handle first.

☺ Arrange a pot and pan cupboard where baby can reach it in the kitchen. An old peculator is great for this cupboard.

☺ When your baby nears a year, he needs time to wriggle, roll, crawl, and creep.

☺ When he gets stuck under a desk or in a corner show him how to get out. ☺ Don't simply extract him. Also allow him to do of much of it as possible by himself.

☺ Allow supervised play on steps to see up and down. He certainly needs protection from severe falls, but little bumps help the learning process.

☺ Read stories to your baby.

☺ Avoid the Fisher Price Apptivity digital screens. It is difficult to think of anything more damaging to an infants eyesight.