



**Bedfordshire
Community
Health Services**



Dinosaur Card

Bedfordshire Children's Eye Services



Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

Part A

1. Place a piece of white paper/card behind the dinosaur card and hold it vertically, approximately 40cm from your face.
2. Take a pencil and place it on the card between the two double circles.
3. Look at the tip of the pencil and then move it slowly towards you, concentrating hard on the pencil tip until you are aware of four double circles.
4. Continue moving the pencil very slowly until the two middle circles merge. When three double circles are visible, stop moving the pencil.
5. Keep the middle circles single, try to be aware of the outside circles without looking at them directly.
6. Try to make the middle circles clear as well as single. When this can be achieved, move on to the next step.
7. Try to achieve the same effect with the faces at the top of the card, so that you see three faces with the middle face having two eyes, a nose and a mouth.
8. Then look at the chevrons at the bottom of the card and turn it into a diamond shape and then a cross.

Part B

1. The next stage is to try and maintain seeing three double circles after removing the pencil. The third central image should be clear. Initially, it may only be possible to remove the pencil for a couple of seconds before moving it back to maintain the images. The aim of the exercise is to maintain the clear central circle for 20 seconds. Try this with the faces and chevrons as well.
2. Obtain the three double circles without the pencil, and then move the card towards you and away from you while maintaining the three images.
3. As Step 2 but move the card in a circular direction, both clockwise and anti-clockwise.
4. Now try to keep three images when moving your head slowly from side to side.

Part C

1. Hold the card vertically approximately 40cm from your face.
2. Stare through the card at a distant object such as a clock on a blank wall. Do not look at a patterned surface. Be aware of what happens to the two double circles on the card.
3. The two double circles will become four double circles. Then, moving the card a little towards or from you, the two middle circles will merge to form three double circles. Stop moving the card when this happens.
4. Keep the middle circle single. Try to be aware of the outside circles without looking at them.
5. Try to see the middle double circle clearly. A 3D effect is gained.
6. Try to achieve the same result with the faces at the top of the card, so that you see three faces with the middle face having two eyes, a nose and a mouth.
7. Then look at the chevrons at the bottom of the card and turn it into a diamond shape.

Part D

1. Move the card towards you and away from you while maintaining the three images.
2. Move the card circularly clockwise and anti-clockwise.
3. Now try to keep the three images while moving your head slowly from side to side.

If you have any questions regarding the treatment of your child's eye condition please discuss them with the Orthoptist.

For further information about this service contact:

Community Eye Service

Enhanced Service Centre
Bedford Health Village
3 Kimbolton Road
Bedford, MK40 2NT

Community Eye Service

Liverpool Road Health Centre
9 Mersey Place
Liverpool Road
Luton, LU1 1HH



Children's Community
Health HUB



Email: ccs.bedsandlutonchildrenshealthhub@nhs.net

**Your one stop
contact point**

Tel: 0300 555 0606



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If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.