

## Smart Vision Kinderkinetics

### Welcome

Smart Vision Kinderkinetics is a specialised child development practice that combines science-based movement programmes, visual stimulation techniques, and parent-child interaction classes to help children grow with confidence, coordination, and joy. Our goal is to support every child's physical, perceptual, cognitive, and emotional development in a fun and nurturing environment.

### Kinderkinetics – Grow Through Movement

Kinderkinetics is a scientifically-based development programme focused on helping children from birth to 13 years build fundamental movement and motor skills through purposeful play and guided activity.

Movement is more than physical exercise — it is how children learn about their world. Through fun and structured activities we help children develop:

- Gross and fine motor skills
- Balance and coordination
- Body awareness and posture
- Motor planning and confidence
- School readiness foundations

Programmes are tailored to each child's developmental needs to support overall growth, confidence, and an active lifestyle.

### Visual Stimulation – Seeing and Processing Well

At Smart Vision Kinderkinetics, vision is more than just eyesight — it is about how the brain and body work together to interpret and respond to the world. Visual stimulation supports children in using their eyes efficiently and confidently for tasks such as reading, focusing, tracking, and coordinating hand-eye movements.

- Eye tracking and focusing skills
- Hand-eye coordination
- Visual perception and processing
- Integration of movement and visual skills

Activities are play-based, engaging, and age-appropriate. Visual stimulation complements optometric care and strengthens visual pathways through movement and exploration.

## Mommy & Me – Giggle & Grow

Mommy & Me (Giggle & Grow) classes are interactive parent-and-baby sessions that focus on early development through guided play, sensory exploration, and shared movement. These sessions create a joyful space for bonding while supporting whole-child development.

- Sensory exploration through visual, auditory, and tactile experiences
- Motor skill development through playful movement
- Strengthening emotional bonding
- Parent guidance and support
- Social interaction with other families

Giggle & Grow nurtures early development while creating meaningful connection between caregiver and child in a warm and supportive environment.

### What is Kinderkinetics?

Kinderkinetics is an exciting specialized paediatric field that focuses on increasing the total well-being of typical and atypical developing children between 0 to 13 years of age. This is done by developing, stimulating, promoting and rectifying age specific neuro-motor, sensory-motor and physical skills.

The profession of Kinderkinetics as a degree is currently presented by various Universities throughout South Africa, and are registered at SAQA (The South African Qualifications Association).

As a Paediatric Exercise Science (and very similar to Paediatric Physical Therapy), it is studied intensively over a 4 year period to thoroughly understand a child's progressive development from a neuro-sensory-motor point of view.

Kinderkinetics is an exciting specialized paediatric field that focuses on increasing the total well-being of typical and atypical developing children between 0 to 13 years of age. This is done by developing, stimulating, promoting and rectifying age specific neuro-motor, sensory-motor and physical skills.

The profession of Kinderkinetics as a degree is currently presented by various Universities throughout South Africa, and are registered at SAQA (The South African Qualifications Association).

As a Paediatric Exercise Science (and very similar to Paediatric Physical Therapy), it is studied intensively over a 4 year period to thoroughly understand a child's progressive development from a neuro-sensory-motor point of view.



South African Professional Institute for Kinderkinetics  
Suid-Afrikaanse Professionale Instituut vir Kinderkinetika

NPC Reg nr: 2015/047186/08

018 299 1878 | [✉ sapikinfo@gmail.com](mailto:sapikinfo@gmail.com)

Visual therapy/stimulation is often defined as physical exercise for your eyes and brain. It is a sequence of activities individually prescribed and monitored to develop efficient visual skills and processing. The vision therapy/stimulation program is based on the results of tests.

Effective therapy/stimulation requires visual skills to be developed until they are integrated with other systems and become automatic, enabling individuals to achieve their full potential. The goals of a prescribed vision therapy/stimulation treatment regimen are to achieve desired visual outcomes, alleviate the signs and symptoms, meet the patient's needs, and improve the patient's quality of life.

Vision therapy (VT) is a subspecialty of optometry that strives to improve, enhance and/or develop visual performance through a prescribed treatment program that is designed to literally build new neural patterns. Patients learn to use their visual abilities in new or more efficient ways by participating in various vision exercises that utilize the use of lenses, prisms, filters, patches and other materials and equipment.