

WE DID THE WORK. HERE ARE 6 THINGS TO KNOW ABOUT COLOR BLINDNESS.

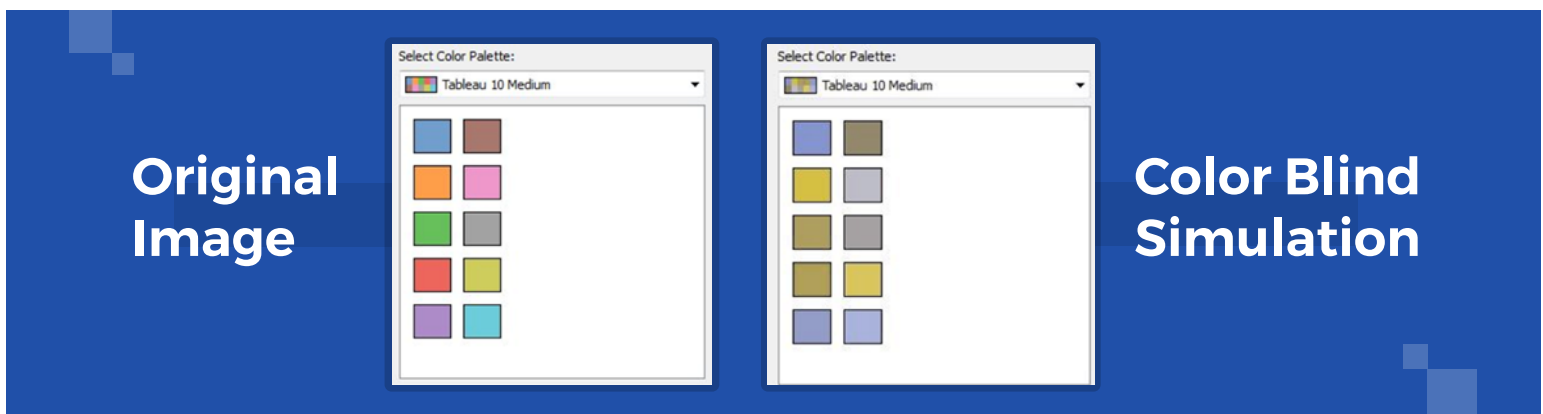


What is Color Blindness?

COLOR BLINDNESS is a reduced ability to distinguish between colors when compared to the standard for normal human color vision. When a person is color blind, also called color vision deficiency (CVD), they usually have difficulty distinguishing between certain colors such as yellow and orange, green and brown, pink and gray, or blue and purple. These confusions are typical of what is called “red-green color blindness.”

What Do Color Blind People See?

Many assume because of its name that “color blind” means a person can only see in black and white. In actuality, the vast majority of people with color blindness do see color, but they see a much smaller range of shades of color compared to a person with normal color vision. In addition, a person with color blindness may miss out on details or not notice objects that would normally be plainly visible, because the color of the details or object is confusingly similar to surrounding visual context. A classic example is not noticing a ripe red apple in a tree when it is surrounded by green leaves. This is generally how people with “normal” vision see color (“Original Image”) and people with some level of color blindness see color (“Deuteranope Simulation”).



Color blindness can affect opportunities and self-confidence.

Here are 7 tips for supporting children with color blindness:

- 1 Writing in black on a whiteboard instead of using colors (or using white chalk on the blackboard instead of colored chalk).
- 2 Make copies of handouts with a high black / white contrast and not on colored paper.
- 3 Use patterns and/or labels in addition to colors.
- 4 Adjust Lighting because the brighter the light, the easier it is to recognize colors. Try to seat color-blind children in a place that has plenty of natural light.
- 5 Computers are everywhere and everyone is using them. For colorblind children, those webpages may be too hard to navigate based on the colors it uses in its web design. This is an area where someone may need to lend a helping hand.
- 6 Games and physical activities can be difficult, especially when it comes to forming teams. Ask only one team to wear colored jerseys rather than having both teams wear jerseys. Then your child can differentiate who is and isn't on their team. Certain equipment, such as orange floor hockey balls or green soccer balls can be difficult for your student to identify. Try to use equipment that doesn't blend in with its surroundings, so your child can easily identify equipment.

Take an online color blind test [here](#)

866-313-3999

tami@ourindigokidz.com

973-632-0651

www.ourindigokidz.com



@ourindigokidz