

See to Reader

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For more on children's vision, visit www.nechildrensvision.org.

Prepare Your Child to Read Well

Reading well is a strong predictor of a child's success in school and in life. You can encourage a love of reading at an early age by surrounding your child with various books, reading aloud together and checking books out from your local library. To be sure your child has the tools necessary to learn to read, you also need to be sure he or she is visually prepared to read.



It may seem like common sense that a child needs to see well to read. But do you really know how well your child can see?

Problems in your child's vision may go undetected because they assume everyone sees the same way they do. Children who have difficulty learning often become frustrated and can develop a poor self-image, lose interest in reading and school and even turn to disruptive behavior.

Vision plays a vital role in the reading process. First of all, children must have crisp, sharp eyesight in order to see the print clearly. Preschool and school vision screenings routinely check children's sharpness of vision at distance--measured by the 20/20 line on the eye chart--and refer children for glasses if they have blurry far-away vision and can't see the board from the back of the room. Unfortunately, this is all school vision screenings are designed to check, and children's vision involves so much more.

For success in school, children must have other equally important visual skills besides their sharpness of sight, or visual acuity. They must also be able to coordinate their eye movements as a team. They must be able to follow a line of print without losing their place. They must be able to maintain clear focus as they read or make quick focusing changes when looking up to the board and back to their desks. And they must be able to interpret and accurately process what they are seeing. If children have inadequate visual skills in any of these areas, they can experience great difficulty in school, especially in reading.

If you suspect your child may be having vision problems, you may want to review the list of Warning Signs to the right. And schedule an appointment with an eyecare professional to evaluate your child's vision.

For more information and resources on children's vision, visit the Nebraska Foundation for Children's Vision web site at www.nechildrensvision.org.

Warning Signs of a Potential Vision Problem



- Child becomes easily distracted
- Avoids near tasks
- Has emotional outbursts
- Poor self image
- Shows aggressive behavior
- Low comprehension
- Poor concentration
- Fails to complete assignments
- Frustrated with school
- Exaggerated head movements
- Loses place and skips lines
- Very close reading distance
- Has no voice inflection when reading
- Rapidly fatigues when reading



Suggested Books About Vision

Picture Books

Mrs. Honey's Glasses
by Pam Adams

Arthur's Eyes by Marc Brown

Glasses for D.W.
by Marc Brown

What Can Rabbit See?
by Lucy Cousins

Luna and the Big Blur: A Story for Children Who Wear Glasses by Shirley Day

Baby Duck and the Bad Eyeglasses
by Amy Hest

Glasses - Who Needs 'Em?
by Lane Smith

All the Better to See You With
by Margaret Wild

The Good Luck Glasses
by Sara London

Glasses, Glasses, Oh What Do I See?
by Karen Smith Stair

Blues Clues: Magenta Gets Glasses
by Deborah Reber

Mom, I Need Glasses
by Angelicka Wolff

I Need Glasses - My Visit to the Optometrist
by Virginia Dooley

Fiction for Older Children

From Anna
by Jean Little

Poor Girl, Rich Girl
by Johniece Marshall Wilson

Nonfiction

Why Do Some People Wear Glasses?
by Isaac Asimov & Carrie Dierks

How Do Our Eyes See?
by Carol Ballard

Choosing Eyeglasses with Mrs. Koutris
by Alice Flanagan

Eyeglasses
by Margaret Goldstein

Vision Fact:

More than 80 percent of everything we learn is a result of visual processing.



www.nechildrensvision.org



Nebraska Foundation for Children's Vision



Nebraska Library Commission

with generous support from the Nebraska Lions Foundation.



See To Learn® Providers Offer Free Vision Assessments for 3-Year-Olds Helping Children See a Better Tomorrow

As part of its commitment to assuring that *all* Nebraska children have the opportunity for a meaningful vision evaluation, the Nebraska Foundation for Children's Vision offers **FREE** vision assessments for any 3-year-old through its SEE TO LEARN® program. For a referral to a SEE TO LEARN® eyecare professional in your area, call 1-800-960-3937.



Vision Fact:

Human eyes do not grow. The size of your eye now is the same as when you were born.

First Aid Tips for Your Eyes

- If something gets into your eye, such as sand or dust, do not rub your eye. Wash your eye with water to get the object out.
- If your eye gets hit by a ball or a fist, put cold cloths on your eye for 15 minutes. This will make the swelling go down and the eye won't hurt so much. You should also go to the doctor.
- If an object such as a stick or a pencil gets stuck in your eyes, do not pull it out. Put a loose bandage on your eye. This is very serious. You need to go to the doctor right away.
- If a chemical, such as cleaning fluid or battery acid, splashes in your eyes, wash out your eyes with water for at least 10 minutes. You need to go to the doctor right away.

Vision Fact:

A person blinks once every five seconds. That means most people's eyes are shut for nearly 30 minutes while they are awake each day.



Attention Parents of Kindergartners Has Your Child Had A School Vision Evaluation?

Nebraska law requires students entering school for the first time, including kindergartners and transfer students from out of state, to provide proof of a vision evaluation within six months prior to the student's entrance.

The vision evaluation is required to test for amblyopia (lazy eye) and strabismus (misalignment of the eyes), which are two of the most common vision disorders in young children, as well as internal and external eye health and visual acuity. A certificate or form stating

results of the evaluation must be signed by an optometrist, physician, physician assistant, or advanced practice registered nurse.

Typical vision screenings test only for distance vision and are not designed to assess many of the common vision disorders in young children. The state law helps assure that more students get a broader assessment of conditions that could adversely impact their learning ability.

Schedule your child's vision evaluation with an eyecare professional today!

For a copy of the school vision evaluation form, go to <http://www.nechildrensvision.org/resources.html#Forms>.

Vision Fact:

One out of five children entering kindergarten in Nebraska has an undetected vision problem.

Appropriate Sunglasses are Important for Children Too

The American Eye-Q® survey showed that 61 percent of Americans buy sunglasses for their children, but 23 percent do not check that the lenses provide protection against UV rays.

Children and teenagers are particularly susceptible to the sun's damaging rays because they typically spend more time outdoors than adults, and the lenses of their eyes are more transparent than those of adults. The transparent lenses allow more short wavelength light to reach the retina of the eye.

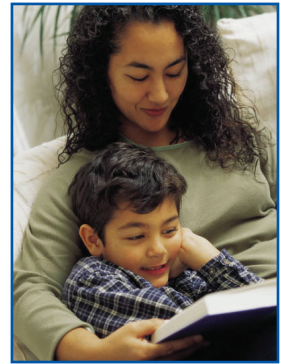
Source: American Optometric Association

Building Strong Readers

How can you encourage your children to read? Try a few of these tips to interest your children in reading:

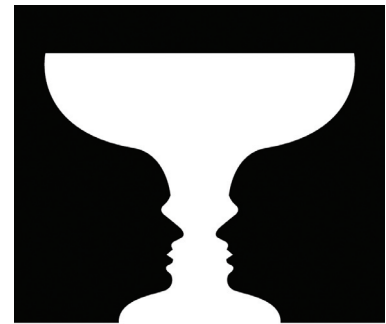
- Talk with your children as you play, shop or work around the house. Listen to what they say and ask questions.
- Let your children see you read – be a good role model!
- Go to the library together and ask the librarian to help your children find books they will enjoy.
- Keep books, magazines and newspapers around your home.
- Tell stories about your family and stories you enjoyed as a child. Write them down and save them to read aloud another time.

Source: *Reading is Fundamental*, www.rif.org.

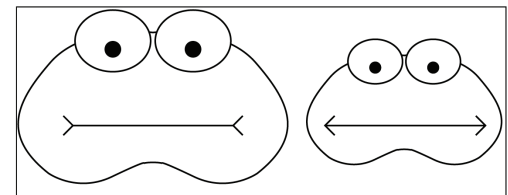


Optical Illusions

Sometimes your eyes play tricks on you. The pictures below are called "optical illusions." Optical means vision. An illusion is something that isn't what it seems to be. An optical illusion is something that plays tricks on your vision. Optical illusions teach us about how the eye and brain work together to create vision. In our everyday three-dimensional (3-D) world, our brain gets clues about depth, shading, lighting, and position to help us interpret what our eyes see. But when we look at two-dimensional (2-D) images that lack some of these clues, the brain can be fooled. Can you figure out these optical illusions?



Is this a picture of a vase? Or two faces looking at each other? Do you see both?



Which frog has a bigger mouth? Are you sure? Measure to find out.