

Is your child really ready to go to school?

Remember, problems in your children'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 school and even turn to delinquent behavior.

A thorough eye examination by an eye doctor is important to ensure that vision problems don't affect your child's ability to learn. School screenings, although beneficial, are not a substitute for a comprehensive vision examination by an optometrist or ophthalmologist.

Participating school districts will provide a vision card and educational brochure to encourage the parents to have their child's eyes examined prior to entering school or during the kindergarten year.

In addition, the American Optometric Association, American Public Health Association, American Foundation for Vision Awareness, Prevent Blindness America, and numerous other organizations recommend a vision examination by an optometrist or ophthalmologist prior to children entering school.

Optometrists in the Eye Care Council volunteer their time to make sure all children can see to learn.

What is SEE TO LEARN®?

SEE TO LEARN® is an innovative, three-step preventive health program designed to ensure that kindergarten children entering school can see to learn and to educate parents and teachers about the warning signs of vision problems in all school-age children.

Step 1: Ongoing education to alert parents and educators about the signs of vision problems in children of any age.

Step 2: A free vision assessment for your three-year-old by a participating Eye Care Council optometrist. This is designed to detect vision conditions that require correction at an early age. Although vision problems among the very young are generally uncommon, some serious conditions like amblyopia (lazy eye) and strabismus (turned eye), require care before age 5 to avoid permanent loss of vision.

Step 3: A professional vision examination by an optometrist or ophthalmologist paid for by you, the parent, before or during your child's first year of school. This is an important investment that will help ensure that vision problems do not affect your child's ability to learn and do well in school.

If you need a referral for a vision assessment for your three-year-old or an examination for your kindergarten student, call the Eye Care Council.

1-800-960-EYES

Why you and your child should participate in SEE TO LEARN®

- ✓ More than 80 percent of everything we learn is a result of visual processing.
- ✓ Twenty percent of children entering kindergarten have undetected vision conditions that could hinder their ability to read and learn.
- ✓ Your three-year-old could be among the 4 percent of children who may have amblyopia (lazy eye).
- ✓ Nearly 30 percent of children in special education classes have vision problems.
- ✓ More than 70 percent of juvenile delinquents have vision problems.
- ✓ Of the individuals enrolled in adult literacy programs, more than 60 percent have vision problems.
- ✓ 20/20 eyesight does not ensure adequate visual performance in the classroom.
- ✓ The percentage of children with vision problems increases to 25 percent by age 10 and to more than 30 percent by age 15.
- ✓ Vision problems in children can limit career opportunities as an adult.
- ✓ Your child may be one of the students entering school with a significant vision problem.



Warning signs of a vision problem

The Eye Care Council and the SEE TO LEARN® Program encourage parents and educators to be alert for signs that may indicate vision performance problems. Some signs of potential problems are listed below:

- ✓ Frequent rubbing or blinking of the eyes
- ✓ Short attention span or daydreaming
- ✓ Poor reading
- ✓ Avoiding close work
- ✓ Frequent headaches
- ✓ A drop in scholastic or sports performance
- ✓ Covering one eye
- ✓ Tilting the head (when reading)
- ✓ Squinting one or both eyes
- ✓ Placing head close to book or desk when reading or writing
- ✓ Difficulty remembering, identifying and reproducing basic geometric forms
- ✓ Poor eye-hand coordination skills

The SEE TO LEARN® Bears

Franklin and Cara, the SEE TO LEARN® Bears, were developed to help children feel more comfortable during vision examinations.

Look for Franklin and Cara on bookmarks, coloring sheets, stickers and other educational materials for children.



See To Learn®



SEE TO LEARN® is sponsored by the Eye Care Council and your state optometric association in cooperation with local schools, child care providers and public health agencies.

If you need a referral for either a vision assessment for your three-year-old or an examination for your kindergarten student, call the Eye Care Council at

Eyecare Associates of Lee's Summit
221 NW McNary
Lee's Summit, MO 64086
Phone: (816) 524-8900

The Eye Care Council is a preventive health care organization which provides innovative education about vision care. The Council is comprised of optometrists who are dedicated to improving and preserving vision through public education.



Is your child really ready to go to school?

- Crayons
- Scissors
- Paints
- Vision Exam

See To Learn®