

**THESE SYMPTOMS MAY INDICATE
THAT YOUR CHILD OR STUDENT HAS
A VISION PROBLEM**

PHYSICAL CLUES

- Red, sore, or itching eyes
- Jerky eye movements, one eye turning in/out
- Squinting, eye rubbing, or excessive blinking
- Blurred or double vision
- Headaches, dizziness, or nausea after reading
- Head tilting, closing or blocking one eye when reading

PERFORMANCE CLUES

- Avoidance of near work
- Frequent loss of place
- Omits, inserts, or rereads letters/words
- Confuses similar looking words
- Failure to recognize the same word in the next sentence

- Poor reading comprehension
- Letter or word reversals after first grade
- Poor handwriting, misaligns numbers
- Book held too close to the eyes
- Inconsistent or poor sports performance

SECONDARY SYMPTOMS

- Smart in everything but school
- Low self-esteem, poor self-esteem
- Temper flare-ups, aggressiveness
- Frequent crying
- Short attention span
- Fatigue, frustration, stress
- Irritability
- Day dreaming

LABELED

- Lazy
 - Dyslexic
 - Attention Deficit Disorder
 - Slow learner
 - Behavioral problem
 - Juvenile delinquent
 - Working below potential
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Dr. Christopher Heetland • Dr. David Thomas

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Dr. Chris Heetland and Dr. David Thomas are members of the Arizona Optometric Association and are licensed optometrists through the National Board of Examiners in Optometry. They are co-founders of INSIGHT Eyecare & Eyewear and have over 25 years of combined experience. Both doctors graduated with honors from Pacific University - a leader in the area of behavioral optometry and visual development.

*Information provided in this brochure through
P.A.V.E(Parents Active for Vision Education).*

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• Can a bright child do poorly in reading, writing, spelling, or math?

• Can a bright child have low self esteem and feel he/she is "stupid" and *disappointing* to parents and teachers?

• Can a bright child spend hours struggling to complete school assignments?

• Can a bright child be smart in everything, but school?

Yes...

IF THE CHILD HAS AN UNDETECTED VISION PROBLEM!



"WE WERE TOLD OUR CHILD HAD 20/20 EYESIGHT. THE TEACHER THOUGHT SHE WASN'T TRYING HARD ENOUGH."

Eight-year-old Brook passed the 20/20 eye chart test with flying colors -- yet she saw letters move around on the page, words and letters disappear, and the print go in and out of focus. When asked if she had ever told her parents or teacher that this was happening, Brooke replied, "No, I thought books did that to everyone!"

Children with learning related vision problems rarely report symptoms.

They think everyone sees the same as they do.

Vision is more than 20/20 eyesight. It is a complex process involving over 20 visual abilities and 2/3 of all of the pathways to the brain. Nearly 80% of what a child perceives, comprehends, and remembers depends on the efficiency of the visual system.

A child can't learn to read when the words get jumbled up on the page and he/she can't remember to make sense of what was just read.

Current research indicates that approximately 1 out of 4 children and 7 out of 10 juvenile delinquents have VISION PROBLEMS which interfere with their ability to achieve.

Why are learning related vision problems so epidemic?

Vision is a learned skill, just like learning to walk or to talk. In the past 30 years, games that encourage the development of good vision skills have been replaced by passive visual activities such as watching television, video and computer screens.

The average child watches 6,240 hours of television before entering first grade.

Many children are programmed for academic failure simply because their visual systems are not sufficiently developed to cope with the demand of reading and writing tasks at the kindergarten and first grade levels.

■ THE BEST WAY TO TREAT A PROBLEM IS TO PREVENT IT BEFORE IT OCCURS.

A developmental vision problem diagnosed during the pre-school and kindergarten years can often be corrected before the child enters school.

■ OBSERVE YOUR CHILD OR STUDENT. ASK HOW HE/SHE SEES.

Watch for the behavioral symptoms which indicate a possible vision problem. Any child exhibiting symptoms or not achieving to potential should have a comprehensive vision exam.

■ WHAT CAN YOU DO TO HELP?

Support the development of comprehensive learning related vision screenings, vision education, and vision hygiene programs in your school and community.

All vision exams are not learning related. In addition to eye health, near and far visual acuity, and the need for glasses, a "Comprehensive Learning Related Vision Exam" will also evaluate:

- Eye Movement Control
- Focusing Near to Far
- Sustaining Clear Focus
- Eye Teaming Ability
- Depth Perception
- Visual Motor Integration

Not all eye care specialists practice the developmental approach to vision care. **To find one who does, make sure you receive a "yes" to the following questions:**

- ✦ Do you test for ALL of the visual abilities listed above?
- ✦ Do you provide vision training in your office or will you refer me to a colleague who does?