

**KIT SPROCKETTE &  
THE HOPPER TWINS**



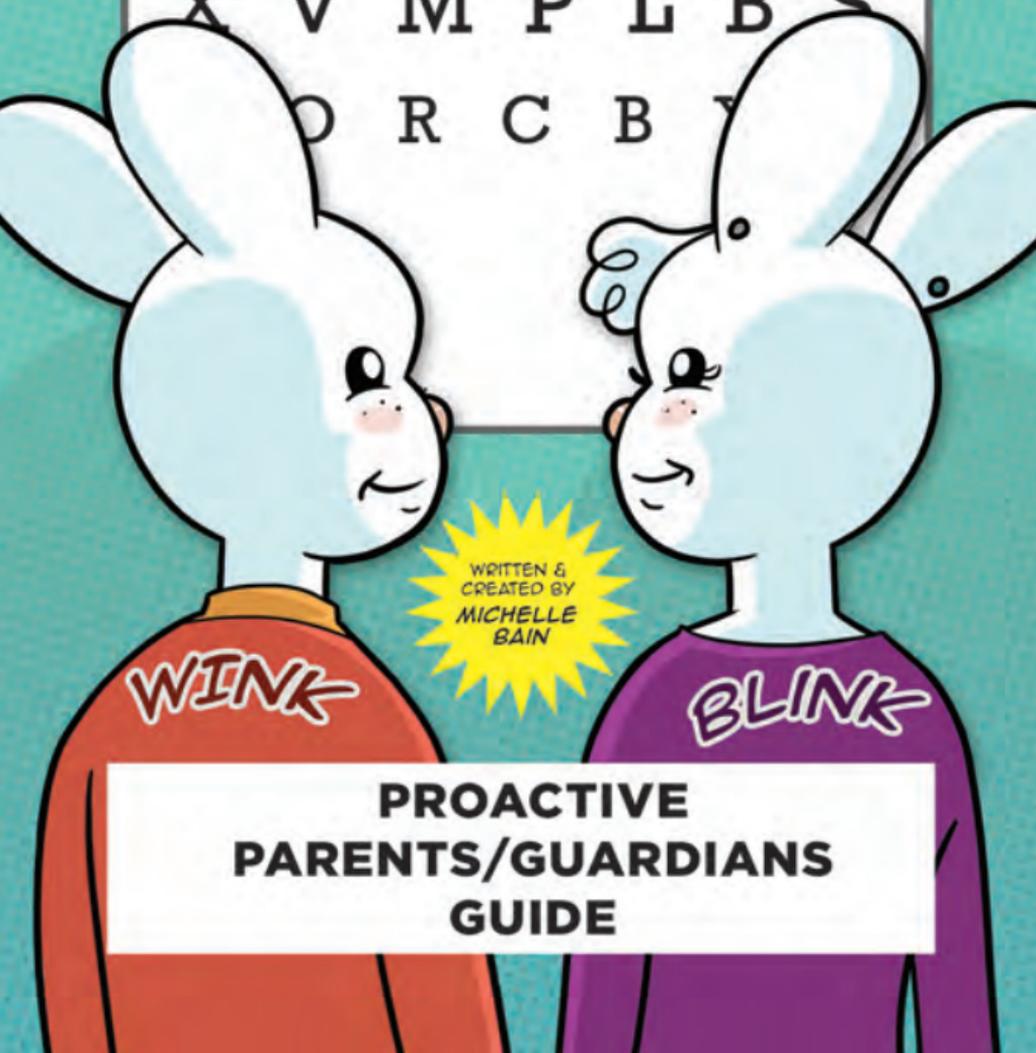
**SEEING**

**O F F**

**THE CHARTS**

**X V M P L B S**

**O R C B Y**



WRITTEN &  
CREATED BY  
**MICHELLE  
BAIN**

**WINK**

**BLINK**

**PROACTIVE  
PARENTS/GUARDIANS  
GUIDE**

# VISION QUEST

HI, PARENT/GUARDIAN!

GOOD VISION IS IMPORTANT FOR PEOPLE OF ALL AGES. CHILDREN LEARN AND EXPERIENCE THE WORLD THROUGH THEIR EYES. SO MAKING SURE THEY'RE SEEING AS CLEARLY AS THEY CAN IS CRUCIAL.



WE CREATED THE BOOK *KIT SPROCKETTE & THE HOPPER TWINS: SEEING OFF THE CHARTS* TO SHOW YOUNGSTERS THAT EYE EXAMS ARE NOTHING TO WORRY ABOUT, AND THAT NEEDING GLASSES IS NORMAL.

USE THIS BOOKLET TO HELP YOUR CHILD:

- ✓ GET OVER HIS OR HER FEAR OF EYE EXAMS
- ✓ UNDERSTAND VISION PROBLEMS AND HOW TO FIX THEM
- ✓ SEE AS CLEARLY AS HE OR SHE CAN



**DISCLAIMER:** This book provides general information about vision and eye care. This information is not intended to be used for the diagnosis or treatment of a vision problem or as a substitute for consulting a licensed health professional. Consult with a qualified physician or health care practitioner to discuss specific individual health needs and to professionally address eye and vision issues or medical concerns.

MANY CHILDREN STRUGGLE WITH CLEAR VISION. THEY MAY HAVE DIFFICULTY READING THE CHALKBOARD IN SCHOOL OR SEEING CLEARLY AT MOVIES OR SPORTING EVENTS. THE BOOK *KIT SPROCKETTE & THE HOPPER TWINS: SEEING OFF THE CHARTS* TELLS THE STORY OF WINK AND BLINK, THE HOPPER TWINS.

BECAUSE WINK HAS BEEN HAVING TROUBLE SEEING FAR AWAY, HE CAN'T CATCH THE FOOTBALL WELL. BLINK HAS THE OPPOSITE PROBLEM. SHE CAN'T SEE UP CLOSE VERY WELL.



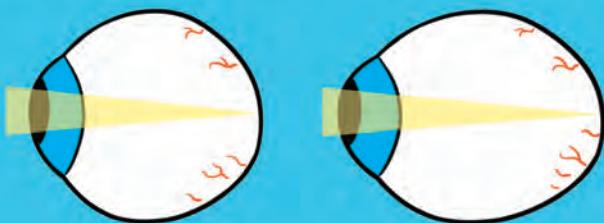
BOTH OF THESE PROBLEMS ARE COMMON IN CHILDREN. BOTH ARE EASY TO TREAT. EASY VISION TESTS CAN DISCOVER IF YOUR CHILD'S VISION IS NEARSIGHTED OR FARSIGHTED.

## WHEN YOUR CHILD IS NEARSIGHTED

### Eyes Defined

**MYOPIA (NOUN):** Nearsightedness; a common visual defect in which light entering the eye is focused in front of the retina, instead of directly on it, so that objects far away appear blurred.

NEARSIGHTEDNESS MAKES IT HARD TO SEE OBJECTS IN THE DISTANCE. IT HAPPENS WHEN THE EYEBALL GROWS TOO LONG DURING CHILDHOOD.



NORMAL EYE

MYOPIC EYE

ONE OF THE FACTORS FOR NEARSIGHTEDNESS IS HEREDITY. A CHILD WITH BOTH PARENTS WHO ARE NEARSIGHTED IS MORE LIKELY TO BE NEARSIGHTED AS WELL.

## AMAZING EYE FACTS

**Only 25 percent of Americans were nearsighted in the early 1970s. Today that number is up to 42 percent.**

## HOW TO TELL IF YOUR CHILD IS HAVING TROUBLE WITH NEARSIGHTEDNESS

LOOK FOR THESE WARNING SIGNS IN YOUR CHILD:

- COMPLAINTS ABOUT HEADACHES
- COMPLAINTS ABOUT EYE STRAIN
- FATIGUE FROM FOCUSING ON DISTANT OBJECTS
- MOVING CLOSER TO SEE DISTANT OBJECTS

IF YOUR CHILD HAS ANY OF THESE COMPLAINTS, SEE AN EYE DOCTOR. DON'T LET YOUR CHILD STRUGGLE OR LOSE OUT ON LEARNING OR SOCIAL ACTIVITIES BECAUSE HE OR SHE CAN'T SEE CLEARLY.

### LIMIT SCREEN TIME

IF YOUR CHILD SPENDS A LOT OF TIME USING A COMPUTER OR HANDHELD DEVICE, HE OR SHE WILL HAVE A GREATER RISK OF BECOMING NEARSIGHTED. SPENDING MORE TIME OUTSIDE LOWERS THE RISK FOR CHILDHOOD NEARSIGHTEDNESS. MAKE SURE TO LIMIT YOUR CHILD'S SCREEN TIME AND ENCOURAGE OUTDOOR ACTIVITIES.

### SLOW IT DOWN

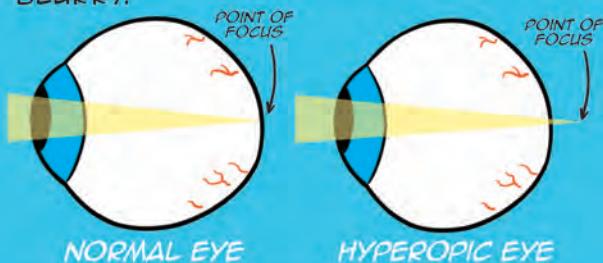
NEW STUDIES HAVE SHOWN THAT THERE ARE WAYS TO SLOW THE PROGRESSION OF NEARSIGHTEDNESS IN CHILDREN. TALK TO YOUR FAMILY EYE DOCTOR AND FIND OUT WHAT YOU CAN DO TO HELP YOUR CHILD'S EYESIGHT AND KEEP HIS OR HER VISION FROM GETTING WORSE.

# WHEN YOUR CHILD IS FARSIGHTED

**EYES DEFINED**

**HYPEROPIA (NOUN):** Farsightedness; a common visual defect in which light focuses behind the retina instead of directly on it. The result is the ability to see far away but not up close, often due to a shortened eyeball.

LIKE NEARSIGHTEDNESS, FARSIGHTEDNESS IS COMMON IN CHILDREN. A CHILD WITH HYPEROPIA MAY BE ABLE TO SEE THE CHALKBOARD OR OBJECTS IN THE DISTANCE JUST FINE. HE OR SHE WILL STRUGGLE TO READ, AS CLOSE IMAGES MAY APPEAR BLURRY.



IT'S COMMON THAT SOME CHILDREN ARE ONLY SLIGHTLY FARSIGHTED, AND NO TREATMENT IS NEEDED. THESE CHILDREN CAN ACCOMMODATE BY USING THEIR EYE MUSCLES TO FOCUS IN THE RIGHT WAY TO CLEAR UP NEAR OBJECTS WITHOUT GLASSES.

## VISION BY THE NUMBERS

**10** Percent of preschoolers have vision deficiencies, according to the American Public Health Association.

**25** Percent of kindergarten through sixth grade children have vision deficiencies.

IN MOST CASES, IF THE EYEBALL LENGTH IS TOO SHORT, IT'S HARD TO BRING CLOSE OR NEAR OBJECTS INTO SHARP FOCUS. IT CAN ALSO BE HARD TO BRING CLOSE OBJECTS INTO FOCUS IF THE CORNEA IS LESS CURVED THAN NORMAL. THESE CHILDREN WOULD BENEFIT FROM GETTING GLASSES TO HELP THEM SEE NEAR OBJECTS WELL. AS THE EYE GROWS AND LENGTHENS, A CHILD'S FARSIGHTEDNESS USUALLY WILL LESSEN WITH AGE.

A QUICK EYE EXAM CAN SCREEN FOR FARSIGHTEDNESS AND TELL IF YOUR CHILD NEEDS TO SEE AN EYE CARE PROFESSIONAL.



## AMAZING EYE FACTS

**Of the people who wear glasses, over half of them wear them due to a focusing problem caused by farsightedness.**

## THE EYE EXAM

CHILDREN SHOULD HAVE A COMPLETE EYE EXAM BEFORE STARTING SCHOOL, THIS WILL ALLOW FOR TIME TO CATCH AND TREAT ANY VISION PROBLEMS THAT MAY GET IN THE WAY OF LEARNING. THE GOAL OF GOOD VISION IS TO ALLOW CHILDREN TO PERFORM THEIR BEST AT SCHOOLWORK AND PLAY.

CHILDREN NEED THESE BASIC SKILLS RELATED TO GOOD EYESIGHT FOR LEARNING:

- ✓ NEAR VISION
- ✓ DISTANCE VISION
- ✓ BINOCULAR (TWO EYES) COORDINATION
- ✓ EYE MOVEMENT SKILLS
- ✓ FOCUSING SKILLS
- ✓ PERIPHERAL AWARENESS
- ✓ HAND-EYE COORDINATION

## TELL THE DOCTOR

BE SURE TO TELL YOUR EYE DOCTOR IF YOUR CHILD HAS OR SHOWS:

- A HISTORY OF PREMATURETY
- DELAYED MOTOR DEVELOPMENT
- FREQUENT EYE RUBBING
- BLINKING A LOT
- FAILURE TO MAINTAIN EYE CONTACT
- INABILITY TO HOLD A GAZE WHILE LOOKING AT OBJECTS
- POOR EYE TRACKING SKILLS
- FAILED VISION SCREENINGS AT SCHOOL
- PREVIOUS EYE PROBLEMS AND TREATMENTS

## TOOLS OF THE EXAM

YOUR CHILD'S EYE DOCTOR WILL USE THESE TOOLS TO GET A CLEAR UNDERSTANDING OF YOUR SON OR DAUGHTER'S VISION.



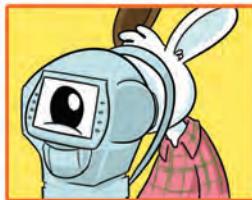
### Snellen Chart

Uses letters read off a chart to measure distance vision.



### Visual Acuity Test

Checks vision as you look at charts, colors and patterns.



### Autorefractor

Measures the eye.



### Phoropter

Uses lenses to figure out which ones will make vision the best.

## WARNING SIGNS IN YOUNG CHILDREN

YOUNGER CHILDREN CAN'T ALWAYS TELL YOU WHAT PROBLEMS THEY MAY BE HAVING WITH THEIR VISION. IF YOU HAVE CHILDREN BETWEEN 3 AND 6 YEARS OLD, WATCH FOR THESE SIGNS OF POSSIBLE VISION PROBLEMS:

- SITTING TOO CLOSE TO THE TV OR HOLDING A BOOK TOO CLOSE
- SQUINTING
- TILTING HEAD TO SEE BETTER
- RUBBING THE EYES, EVEN WHEN NOT SLEEPY
- SHIELDING EYES OR OTHER SIGNS OF LIGHT SENSITIVITY
- TEARING AND WATERY EYES
- CLOSING ONE EYE TO READ, WATCH TV OR SEE BETTER
- STAYING AWAY FROM ACTIVITIES THAT REQUIRE NEAR VISION, SUCH AS COLORING OR READING, OR DISTANCE VISION, SUCH AS PLAYING BALL OR OUTDOOR GAMES
- COMPLAINING OF HEADACHES OR TIRED EYES

IF YOUR CHILD SHOWS ANY OF THESE SIGNS, MAKE AN APPOINTMENT WITH YOUR EYE DOCTOR.

## GETTING YOUR CHILD TO WEAR EYEGASSES

- Get your child involved in picking out his or her eyewear. He or she will be more motivated to wear the glasses after getting to choose the frame.
- Explain the benefits of the glasses with specific examples:
  - *"Your new glasses will help you see the ball better when you play sports."*
  - *"You'll be able to see the board and do better in school."*
  - *"Now you won't have trouble reading your favorite books or watching your favorite shows."*
- Set up the eye exam and glasses selection at a time that's best for your child. Some children are more focused early in the day, while others do better after lunch or an afternoon nap.
- Don't visit the eye doctor when your child is tired, cranky or hungry.
- Have an experienced optician choose a few frame styles for your child. Then give your child the final choice of the glasses he or she will wear.
- Make the outing a positive event. Talk about how lots of people wear glasses and how they see much better.
- Make sure the chosen frames feel good and are fitted in the right way for your child. No one will wear uncomfortable glasses, especially a child.



## GOOD NUTRITION FOR GOOD VISION

EATING THE RIGHT KINDS OF FOODS IS A GREAT WAY TO HELP CARE FOR YOUR EYES. STRESS THIS TO YOUR CHILDREN AND MAKE SURE THEIR DIET IS RICH IN THESE HELPFUL FOODS.



**CARROTS**  
HAVE VITAMIN A  
AND BETA CAROTENE



**STRAWBERRIES**  
HAVE VITAMIN C AND  
FOLATE (A TYPE  
OF B VITAMIN)



**SWEET POTATOES**  
ALSO HAVE VITAMIN A  
AND BETA CAROTENE



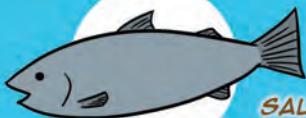
**ORANGES**  
FULL OF VITAMIN C  
AND POTASSIUM



**ALMONDS**  
HAVE VITAMIN E AND  
MONOSATURATED  
FATTY ACIDS



**SPINACH**  
HAS LUTEIN, WHICH  
HELPS PREVENT  
EYE DISEASES



**SALMON**  
HAS OMEGA-3  
FATTY ACIDS

## KIDS AND CONTACT LENSES

### VISION BY THE NUMBERS

**4 MILLION** Number of children in the U.S. under the age of 18 who wear contact lenses.

**Q: WHEN CAN CHILDREN START WEARING CONTACT LENSES?**

**A.** Many children wear eyeglasses with complete comfort and see much better as a result. But some would rather use contact lenses for playing sports or other reasons. A child's eyes are able to tolerate contact lenses at an early age. A recent study showed that fitting nearsighted children aged 8 to 11 years with disposable contacts was largely successful. About 90 percent of the children had no trouble inserting or removing the contacts on their own.

### CONTACT LENSES = RESPONSIBILITY

IF YOU'RE THINKING ABOUT CONTACTS FOR YOUR CHILD, FIRST CONSIDER HOW WELL HE OR SHE HANDLES RESPONSIBILITY. IT TAKES MUCH MORE RESPONSIBILITY TO WEAR CONTACT LENSES THAN IT DOES FOR GLASSES.

- DOES HE/SHE HAVE GOOD GROOMING HABITS?
- DOES HE/SHE KEEP THE BEDROOM AND BATHROOM CLEAN?
- DOES HE/SHE FOLLOW THROUGH WITH SCHOOL WORK AND CHORES AROUND THE HOUSE?
- DOES HE/SHE PRACTICE GOOD DENTAL HABITS?

IF HE OR SHE HANDLES THESE DUTIES WELL, CONTACTS MAY BE A GOOD FIT.

## AMAZING EYE FACTS

**Younger children sometimes follow directions for wearing contact lenses better than teens. They have fewer problems with overwearing them and not using the right lens solution.**

# PROTECTING YOUR CHILD'S SIGHT

FROM BIRTH THROUGH THEIR TEEN YEARS, YOU CAN TAKE THESE STEPS TO MAKE SURE YOUR CHILD'S EYES ARE HEALTHY AND SEEING CLEARLY.

**1. EAT RIGHT DURING PREGNANCY AND AFTER:** Your baby will be healthier and you'll set a good example.

**2. GIVE YOUR CHILD HEALTHY MEALS:** Fruits, veggies, nuts and fish have the key antioxidants, nutrients and vitamins linked to good eye health.

**3. MAKE SURE YOUR CHILD'S TOYS ARE AGE-APPROPRIATE AND SAFE:** They should be free of sharp edges and encourage visual development.

**4. WATCH FOR EYE-RELATED SIGNS IN YOUR BABY:** Look for eyes that are crossed or turned out, and haziness or clouding in the pupil.

**5. USE SUN PROTECTION ON YOUR CHILDREN WHEN OUTDOORS:** Sunglasses with UV coated lenses protect the eyes, especially if your child's eyes are light in color.

**6. OUTFIT YOUR CHILD WITH THE RIGHT PROTECTIVE ATHLETIC GEAR WHEN PLAYING SPORTS:** Protective eyewear can prevent serious injury to the eyes when playing.

**7. MAKE SURE YOUR CHILD ALWAYS WASHES HIS OR HER HANDS:** Get rid of hand germs after playing outside, eating, touching a pet or handling food.

**8. HAVE YOUR CHILD'S EYES EXAMINED REGULARLY:** Start during infancy and schedule regular exams through the teen years.



DON'T FORGET  
TO PROTECT YOUR  
EYES EVEN WHEN  
IT'S CLOUDY!

**FOLLOWING THESE EASY STEPS CAN HELP  
MAKE SURE YOUR CHILD'S EYES AND VISION  
ARE AT THEIR HEALTHIEST!**

## RESOURCES

**THE NATIONAL CENTER FOR  
CHILDREN'S VISION HEALTH**  
NATIONALCENTER.PREVENTBLINDNESS.ORG

**AMERICAN OPTOMETRIC ASSOCIATION**  
AOA.ORG

**PREVENT BLINDNESS@: YOUR CHILD'S SIGHT**  
PREVENTBLINDNESS.ORG/CONTENT/  
YOUR-CHILDS-SIGHT

**KIDSHEALTH@**  
KIDSHEALTH.ORG

**NATIONAL EYE INSTITUTE: KIDS**  
NEI.NIH.GOV/KIDS

**NATIONAL EYE INSTITUTE:  
FINANCIAL AID FOR EYE CARE**  
NEI.NIH.GOV/HEALTH/FINANCIALAID

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# LET'S GET ONE THING CLEAR: YOUR CHILD'S VISION!

GOOD EYESIGHT IS FOR EVERYONE! HELP YOUR CHILD GET OVER ANY FEARS OF TAKING THE EYE EXAM AND GET THEM ON THE PATH TO SEEING CLEARLY!

USE THIS BOOKLET TO LEARN ABOUT:

GOOD EYE CARE

NEARSIGHTEDNESS

FARSIGHTEDNESS

EYE EXAM TOOLS

NUTRITION FOR GOOD VISION

EYEGASSES AND CONTACT LENSES

AND MORE!

PUT YOUR  
CHILD'S VISION IN  
FOCUS AND GET A  
CLEAR VIEW OF GOOD  
EYE HEALTH.



KEEP THE PLANET  
HEALTHY! THIS BOOK  
WAS PRINTED ON  
RECYCLED PAPER!



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THE USA

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FOX HYON SMITH

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