

## The Better To See You With

This month in THE GREAT BODY SHOP, your child will be learning about eyes and vision. The lessons cover:

**Lesson 1:** Your Eyes — How Do They Work?

**Lesson 2:** What Do We Really “See”?

**Lesson 3:** Eye Problems

**Lesson 4:** Protecting Your Eyes

## Eye Trouble?

According to the National Society to Prevent Blindness, if you notice any of these problems, bring your child for an eye exam. He or she may have a vision problem.

- blinks more than usual
- rubs eyes often
- “brushes away” blur
- squints when focusing on something distant
- is very sensitive to light
- red, inflamed, or watery eyes
- tilts head to one side; shuts or covers one eye
- complains of dizziness, nausea, headaches
- has recurring styes

(an infection of the gland of the eyelid)

## TV—The Big Picture

Many people ask whether watching TV can harm the eyes. While it cannot “wear out” or cause defects in your eyes, there are a few things that can make viewing more comfortable:

- Make sure the picture is as clear and sharp as possible. Unconsciously, you will try to adjust your eyes to an out of focus or snowy picture, which will cause eye strain.
- Don’t darken the room. The contrast between the screen and the darkness tires eyes.
- It is not a good idea to watch TV while sitting on the floor. Looking up at the screen will tire neck muscles. It will also distort the picture, which will tire eyes.
- There is no set distance at which you should sit from your screen.

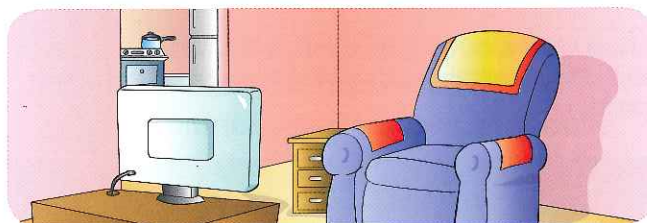
## Fun Fact

Hawks and eagles can see a tiny mouse from a distance of 1,500 feet — that’s as long as five football fields!

## Web sources for Parents and Their Children.

There are lots of great websites containing health information for you and your child. If you have been in the dark about where to begin, here are some sites to get you started on the information highway.

- KidsHealth.org is for parents, kids, and teens from the medical experts at the Nemours Foundation. It is loaded with facts, fun, and a great search engine for medically accurate and up-to-date information.
- www.preventblindness.org is a website designed by a leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. There is even an eye test you can take on-line.
- Visit www.hhs.gov for the US Department of Health and Human Services. This site contains information for families and links to reputable health related sites.



## Read All About It

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

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

I Don't Have Your Eyes  
*by Carrie A. Kitze*

A touching story about adoption