

Health & Vision NEWS for Kids



Parents' Corner:

Welcome to Our Second Edition of Health & Vision News for Kids

Thank you for the wonderful feedback on our first edition. We hope you enjoy sharing this issue with your kids. In addition, we would like to remind you we are here to help if you have any eye care concerns or questions.

Wishing you a wonderful summer.

Kevin L. Alexander, O.D., Ph.D.
President
Marshall B. Ketchum University

Free Vision Screening

If you want to find out if your child may have a vision problem that could interfere with learning, the University Eye Center at Fullerton holds Free Vision Screenings every Thursday afternoon, from 3:00 p.m. – 5:00 p.m. For details please call Lorraine at 714-992-7870 or email: LSandoval@ketchum.edu

Grow with MBKU

Marshall B. Ketchum University (MBKU) is Southern California's newest healthcare education institution. An outgrowth and expansion of the educational offerings of the 110-year-old Southern California College of Optometry, the University will provide a diversity of healthcare training opportunities in an environment focused on inter-professional education.

MBKU recently added a School of Physician Assistant Studies, with classes beginning in August 2014, and announced the addition of a College of Pharmacy.

Earn Prizes from Your Local Library While Reading Fun Books Over the Summer

Free programs are available through the library, once you have permission from your mom or dad. While each library has different programs, some include after-noon clubs for kids with fun activities including reading to real dogs, crafts, and puppet shows. In addition you can borrow books and even set a reading goal to earn prizes. Contact your local library for details.



Be sure to tell your parents if:

- your head or eyes hurt when you read,
- words get hard to see or seem blurry or
- you lose your place when you're reading.

Keep Your Eye on the Ball—Play Outdoors: Exercise Your Body and Your Eyes!

Has your coach ever told you to keep your eye on the ball? But what does that mean? It means that you are watching and paying attention to where the ball is and knowing where it will go, so you can move your body to catch it, kick it or hit it. The more you practice, the better you should get. Be sure to let your mom or dad know if you don't get better with practice—it could mean you have a vision problem.

Be Sure to Protect Your Eyes When You are Having Fun in the Sun

Just like you need sunscreen to protect your skin, you need to protect your eyes from the sun. You can either wear a hat—or sunglasses. Make sure your glasses say they block UVA/UVB rays—that's the part of the sunlight that can hurt your eyes.

Did You Know?

Did you know that looking at a computer, tablet, or phone for too long is bad for your eyes?

Your eyes could hurt, you might have trouble seeing in the distance, and your eyes could become red and itchy. It is important to take regular breaks where you look away from the device.

Follow this simple rule:

- For every 20 minutes on computers, tablets and smart phones...
- Look 20 feet away for 20 seconds.

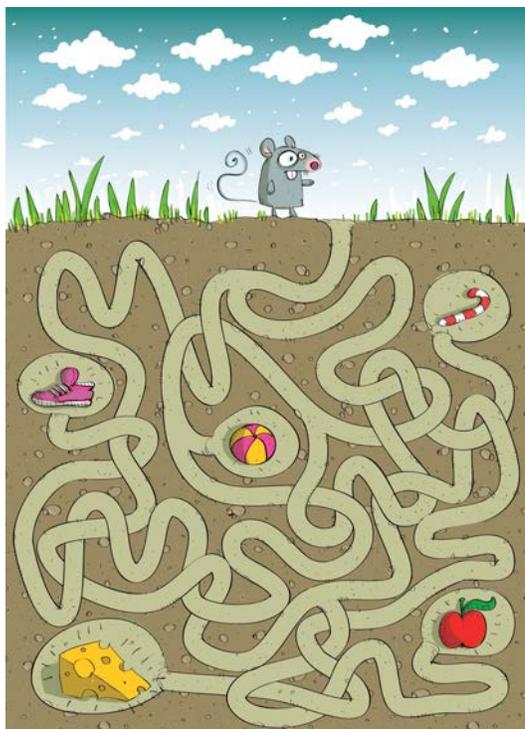


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Having Fun with Our Eyes.....

When we read, we use our eyes a lot. Our eyes have to move different ways—for example they move from left to right as we read along a line of print. In addition, we have to be able to understand what we are looking at. This includes being able to remember what we have looked at and being able to identify things that look the same and those that look different. Here are some fun activities to help you improve some of the visual skills that are needed for reading and learning.

Find 10 Differences Between the Two Pictures



Help the Hungry Mouse Get the Cheese...

Feel free to share this newsletter
with your friends.