

# Health & Vision NEWS for Kids



Fall 2013

## Welcome to Our First Edition!

When children are first learning the different parts of the body, they quickly learn that we have eyes, along with a nose and a mouth. But why are our eyes important? What are some signs that mean they may have a vision problem? What should they do if something gets in their eye?

It is our hope that with this newsletter we will help you teach your children some important information about their health and their eyes while they also have fun.

*Kevin L. Alexander, OD, PhD  
President  
Marshall B. Ketchum University*

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

## Grow with Ketchum

Marshall B. Ketchum University is Southern California's newest healthcare education institution. An outgrowth and expansion of the educational offerings of the 109-year-old Southern California College of Optometry, the University will provide a diversity of healthcare training opportunities in an environment focused on interprofessional education. The first program to be added is the School of Physician Assistant Studies, which is anticipated to open in 2014 and is currently accepting student applications.

To receive this newsletter in your email, please email: [eyenews@ketchum.edu](mailto:eyenews@ketchum.edu)

## Did you know?

**Did you know that each eye gives you a different picture?**

**Did you know that if you have trouble seeing 3D it is a sign that your two eyes aren't working together correctly?**

**Did you know that when someone is sick, you don't have to get sick too?**

Don't drink from the same cup or bottle and don't put your fingers in your mouth or your eyes. Germs can travel, you can stop this by washing your hands after you play.



## It's Time to Play:

Look on the back for a simple word search puzzle with key words relating to our eyes.



## Something in Your Eye?



- Stop what you are doing
- Don't rub it
- Get an adult to help you right away to help you wash it out
- If it gets red or continues to hurt have someone schedule an appointment with an eye doctor called an optometrist.

## Does this ever happen to you?

- 1. When you look at a tree can you see the leaves or does it look like one green blob?** Glasses can help you see the leaves on trees and other things that are far away.
- 2. When you read do the words look blurry or do they move around on the page?** If they do, let your mom or dad know so they can help you see the eye doctor.
- 3. Do things bother you in the afternoon that wouldn't normally upset you?** It could mean you are hungry or thirsty, have a healthy afternoon snack and drink some water.



Find the answers to the questions in the puzzle:

- 1) What do you see with?
- 2) What can help you see better?
- 3) When you use your eyes, where does the picture go so you can see it?
- 4) What's that black dot in the center of your eye?
- 5) What can help you keep your eyes safe from the sun?
- 6) What should you not put in your eyes?

## Hide and Seek...

R	C	L	F	B	Y	Z	J	N	S
D	G	I	P	C	X	V	T	E	B
G	L	A	S	S	E	S	S	P	R
W	Z	U	S	R	F	S	U	B	A
F	A	Z	C	K	A	P	J	A	I
S	I	K	C	L	I	C	F	H	N
S	N	N	G	L	F	P	Z	E	A
C	Z	N	G	Y	T	Z	L	Q	W
H	U	M	S	E	Y	E	S	C	R
S	L	V	E	J	R	B	F	H	G

Answers: 1) Eyes 2) Glasses 3) Brain 4) Pupil 5) Sunglasses 6) Finger

## Optical Illusion

Can you help the lady find her way to the tree?



Feel free to share this with your friends.