

Health & Vision NEWS for Kids



Marshall B. Ketchum University | 2575 Yorba Linda Blvd., Fullerton, CA 92831 | www.ketchum.edu

Parents' Corner:

If your child struggles with reading and attention problems, your child may qualify to participate in a free clinical trial. The National Eye Institute has funded a national multi-center clinical trial that involves optometry, pediatric ophthalmology, child psychiatry, and education in evaluating how a certain eye-teaming problem impacts a child's attention and reading performance.

If your child: skips lines and/or rereads lines, takes longer to do homework than it should, has a short attention span with reading & homework, and/or has poor reading comprehension & fluency, give us a call at **714-992-7817** or email for details at:

sparker@ketchum.edu

Important Notice from the Physician Assistants:

Physical exam appointments are a valuable tool. They provide parents with an excellent opportunity where their questions can be answered. Is my child's height and weight age appropriate? How should I control my child's exposure to social media? What can I do to help my child who is struggling in school? We are here to help.

About Marshall B. Ketchum University

The mission of Marshall B. Ketchum University is to educate caring, inspired health care professionals who are prepared to deliver collaborative, patient-centric health care in an interprofessional environment. MBKU owns and operates two premier eye and vision care centers – University Eye Center at Fullerton and University Eye Center at Los Angeles. The University Eye Center at Fullerton will move to MBKU's newest facility, Ketchum Health, at 5460 E. La Palma Ave., Anaheim in 2016.

To receive this newsletter via email, please email: shan@ketchum.edu

Fun Facts About Your Amazing Eyes

Your eyes are such an important part of your body. You depend on your eyesight to guide you in so many of the basic things that you do everyday. Here are some facts that you may not know about those amazing eyes of yours:

- You blink about 12 times every minute and over 10 million times each year!
- Out of all the muscles in your body, the muscles that control your eyes are the most active.
- Your eyes can see 50 different shades of gray.
- Eight out of ten things you learn is through your eyes.



Is Your Backpack Too Heavy?

If your back is hurting because of a heavy backpack, then it is too much for your body to carry. To avoid back and shoulder pain, only carry necessary books and papers. Also, always use both shoulder straps.

Help keep your back from getting strained with these tips:

- ❑ Clean out your backpack at least once a week.
- ❑ Pack the heavier items first, so that they are carried lower and closer to your body.
- ❑ When you lift your backpack, squat and use your leg muscles so that you don't strain your back muscles. (When you bend over to pick up your backpack you can actually hurt your back.)

When you are ready for a new backpack, then we recommend that you get one with a padded back, padded shoulder straps, a hip strap or waist belt, or wheels so that you can pull it around instead of carrying it.

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.

Back to School Word Search

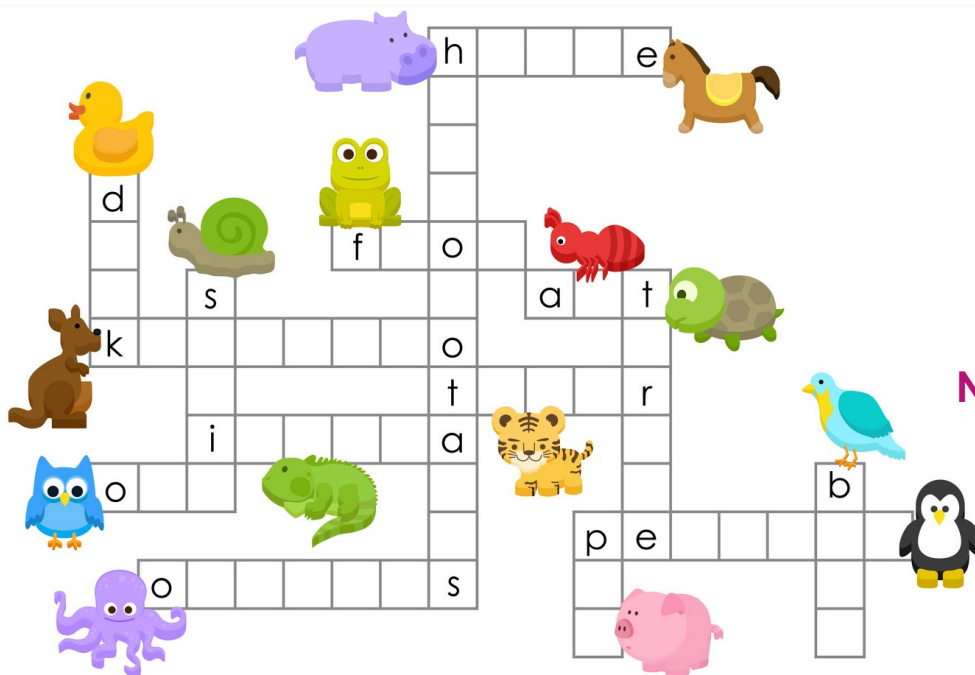
Find all the words from the word list



- ASSIGNMENTS
- BACKPACK
- CHALKBOARD
- CLASSROOM
- DESK
- HOMEWORK
- NEW FRIENDS
- NOTEBOOK
- OLD FRIENDS
- PENCIL
- SCHOOL BUS
- TEACHER



Words go left, right, up, down, diagonally, and can bend at a right angle. There are no unused letters. Each letter is used only once. Ignore spaces.



Animal Crossword Puzzle

Name those Animals!