

## Dear teacher and/or child care team,

Thank you for participating in **a-b-See™**, a children's vision program created by BC Doctors of Optometry. The purpose of our program is to increase awareness and to educate parents about the importance of getting their child's eyes examined.

**Since 80 per cent of a child's learning is based on vision, excellent sight and eye health are critical to a child's development.**

**But, surprisingly, one in four school-age children has a vision disorder.** Not knowing any differently, many of these children accept poor vision and other eye problems as normal. If left unchecked, serious long-term effects can result.

BC Doctors of Optometry is providing this **a-b-See™** kit free of charge to preschools and child care teachers throughout British Columbia.

Your **a-b-See™** kit comes complete with fun activity sheets that promote visual awareness, giveaways for your students, and a teacher's "Quick Facts" (on the back of this letter) that provides important information on children's vision and eye health.

Your **a-b-See™** kit contains:

- Colouring and other activity sheets
- Informational brochures for parents
- Stickers for your class

**Please distribute the a-b-See™ brochure to parents at your earliest convenience.**

The brochure contains important information for parents about their children's overall eye health such as eye exams, common vision problems amongst children and warning signs for vision problems.

To find more games and activities, please check out our interactive website at [absee.ca](http://absee.ca).

If you have any questions about the **a-b-See™** program, or need additional **a-b-See™** kit materials for your classroom, please contact BC Doctors of Optometry by calling 1.888.393.2226 or emailing [absee@optometrists.bc.ca](mailto:absee@optometrists.bc.ca).

Thank you for participating,



Dr. Gurpreet Leekha  
President  
BC Doctors of Optometry

*Please turn over . . .*

## Teacher's Quick Facts

As a teacher, you can play an important role in detecting visual conditions in the children in your care – conditions that can hinder learning, play and how they look at the world. Child care, preschool and kindergarten teachers can be the first to detect early symptoms of some eye problems among children.

### Children's learning and vision

- One in four school-age children has a vision disorder
- 60 per cent of children with reading difficulties have an undiagnosed or untreated vision problem
- 80 per cent of a child's learning is based on vision
- Some reading, learning and behavioural problems have been shown to be related to undetected vision problems

### Warning signs for eye conditions in children

- Holding objects too close
- Avoiding puzzles, picture books or other near-distance work
- Covering one eye when looking at something up close
- Complaining of headaches, blurred or double vision, or burning, itching eyes
- Marked inability to catch, build, balance or other related eye-hand coordination activities
- Sitting very close to the television

### Facts about eye exams

- A comprehensive eye exam by an eye doctor (optometrist or ophthalmologist) is an important investment in a child's health
- An eye doctor can complete this test even if the child doesn't know how to read
- It's important children have their first eye exam between six and nine months, and at least one eye exam between the ages of two and five, and yearly after starting school.

**To find out more about children's eye health, visit [absee.ca](http://absee.ca) or call 1.888.393.2226.**