

Dear Preschool/Daycare Centre,

Thank you for participating in **a-b-See™**, a children's vision program created by the British Columbia Association of Optometrists.

The British Columbia Association of Optometrists is providing this **a-b-See™** children's vision program kit free of charge. These kits are being distributed to preschools and child care teachers throughout British Columbia.

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 five 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.

Your **a-b-See™** 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 activity sheets
- Instructions for colouring activity
- Magic Glasses and craft items
- Instructions for Magic Glasses activity
- Information for parents
- Stickers and bookmarks for your class
- "Be Seen. Be Safe." information sheet and reflective stickers.

To find more games and activities, please check out our interactive website at www.absee.ca.

Please distribute the **a-b-See™** brochure to your children's parents at your earliest convenience. This brochure contains important information for parents on the **a-b-See™** children's vision program and their children's overall eye health.

If you have any questions about the **a-b-See™** program, or need additional **a-b-See™** kit materials for your classroom, please contact the British Columbia Association of Optometrists by calling 1.888.393.2226 or emailing absee@optometrists.bc.ca.

Thank you for participating,

Your local **a-b-See™** Doctor of Optometry

Please turn over ...

Teacher's Quick Facts

As a teacher, you can play a big part 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 five children entering school has a vision disorder
- *One in six school-age children diagnosed with a learning disability actually has a correctable 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 co-ordination 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 a complete eye exam by six months, at three years, before entering school and regularly thereafter

To find out more about children's eye health, visit www.absee.ca or call 1.888.393.2226.

