

Sammy Safe-Eyes



Realeyes

We Need Our Eyes to See

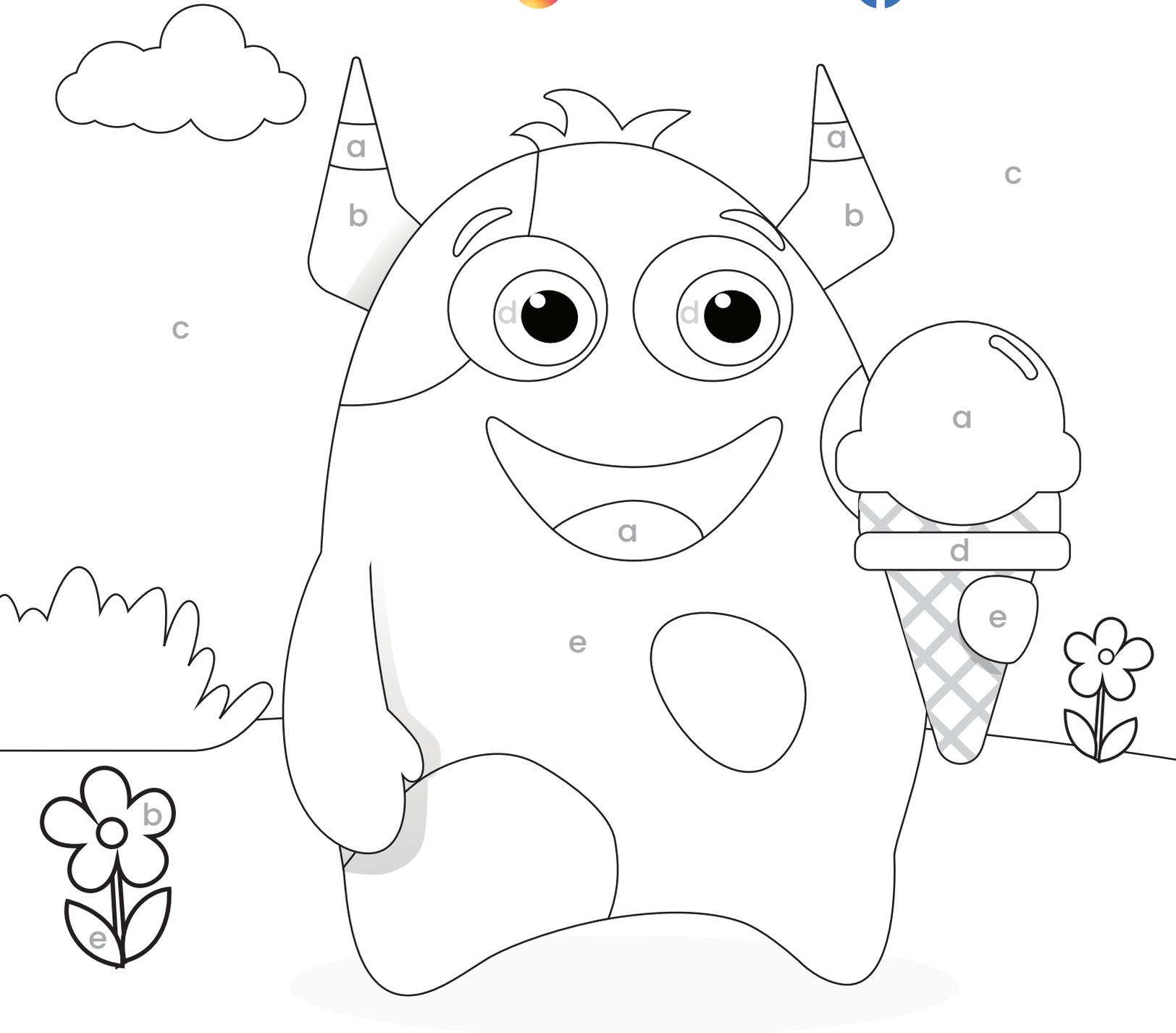
Ohio Optometric Association • 614-781-0708 • www.ooa.org/realeyes

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Bureau of Child and Family Health, Save our Sight Program.

COLOR BY LETTER

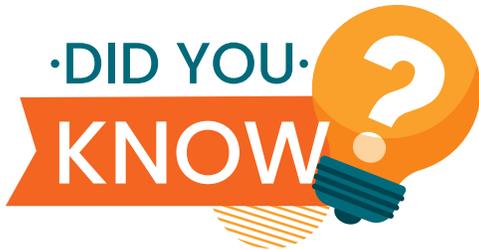
Use the key or be creative to color the picture.

Share your Sammy artwork and tag Realeyes to receive a special message!



For my family:

Today Sammy Safe-Eyes taught us about the importance of good vision care! Below are some additional facts, resources, and next steps to ensure your child is seeing their best.



More than **1 in 4** school age children have a vision problem that affects their performance in school. Vision screenings are an important step in eye care but detect only 20-30% of vision problems in students. Getting an eye exam is the most effective way to ensure your child is seeing their best!

Some possible signs of a vision problem might include...

- Eyes turning in or out
- Squinting, closing or covering one eye
- Disliking or avoiding close work
- Headaches, nausea, and dizziness
- Itchy or burning eyes
- Blurry or double vision
- Eye strain or tiredness when reading

Your next steps...

Discuss with your child some of the things Sammy taught them today.

Observe and monitor your child's performance at school and at home to look for signs and symptoms of vision disorders as detailed above.

Schedule a comprehensive eye exam for your child, ensuring their eyes are healthy and seeing properly.

Donate to the Save our Sight Fund when renewing your license plate. This money funds Realeyes education and additional children's vision initiatives in Ohio.

For more information, resources or Sammy fun at home, access the "Community Resource Page" on our website or scan the QR code.

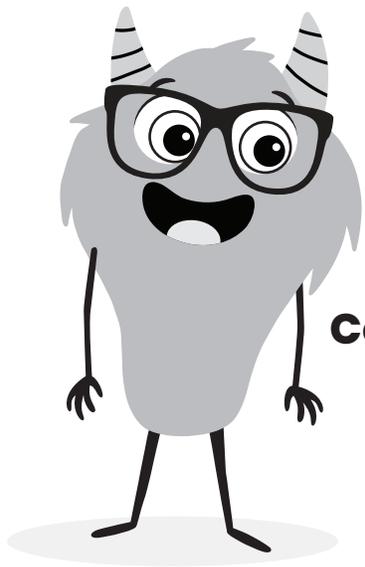
www.ooa.org/realeyes_community



Department of Health

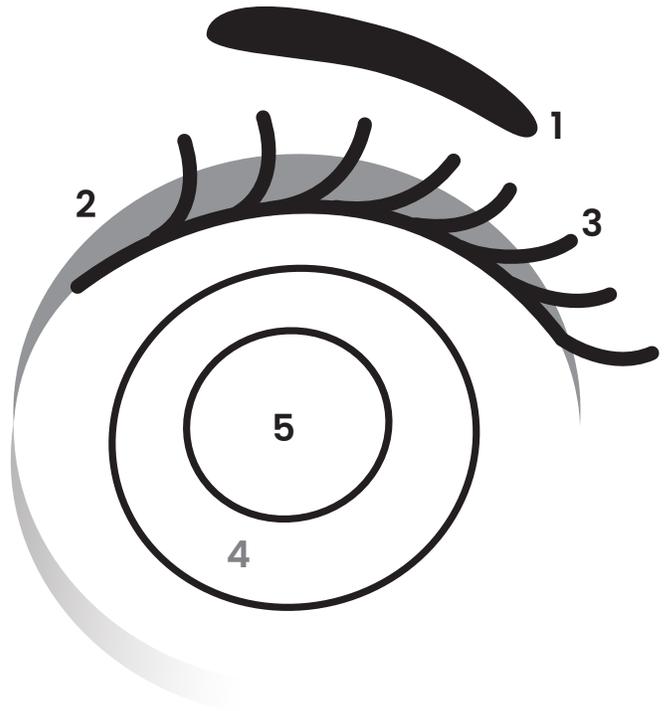
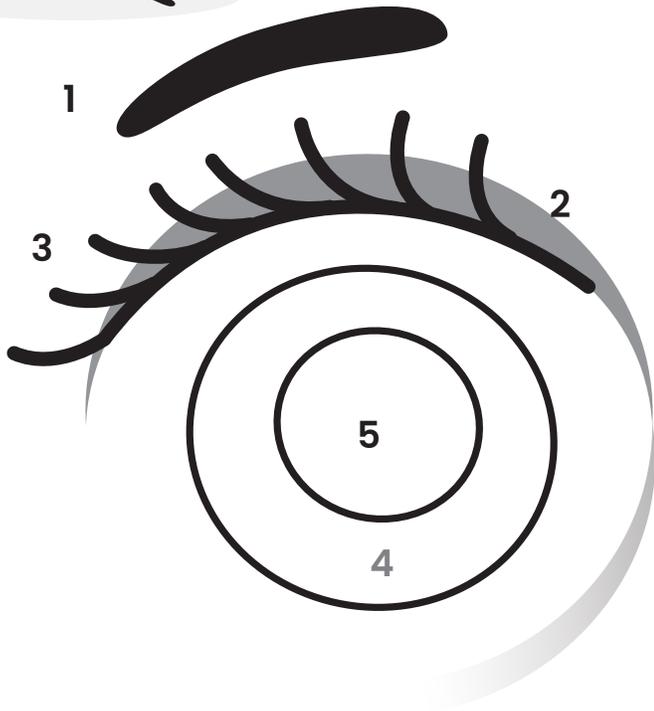
Save Our Sight





Practice writing the parts of the eyes we learned today!

Color the pupil black and the iris the color of your eyes!



1) eyebrow

2) eyelid

3) eyelashes

4) iris

5) pupil

We learned a fun song today

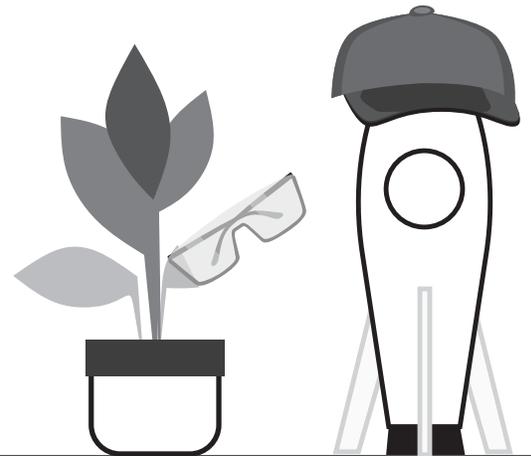
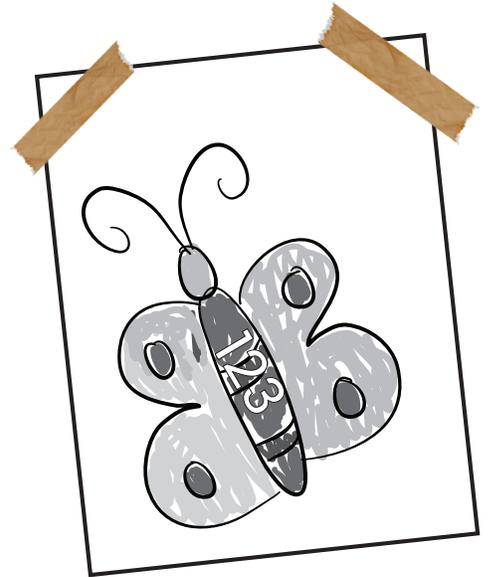
teach it to everyone at home!



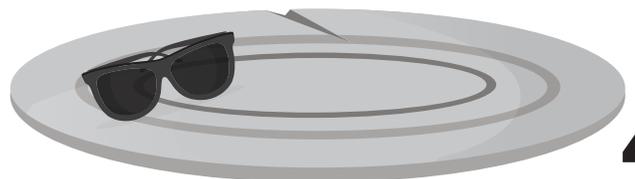
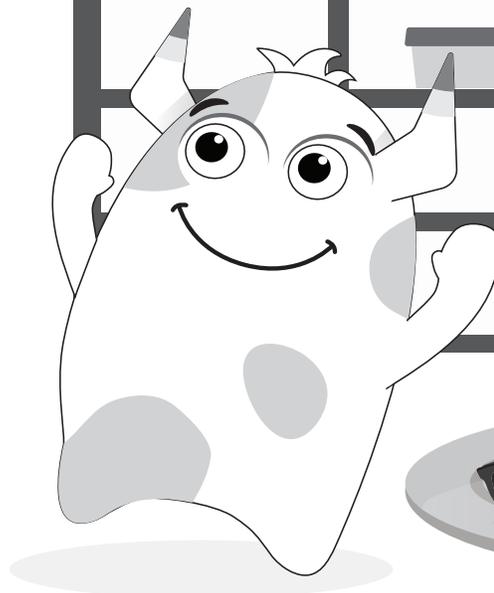
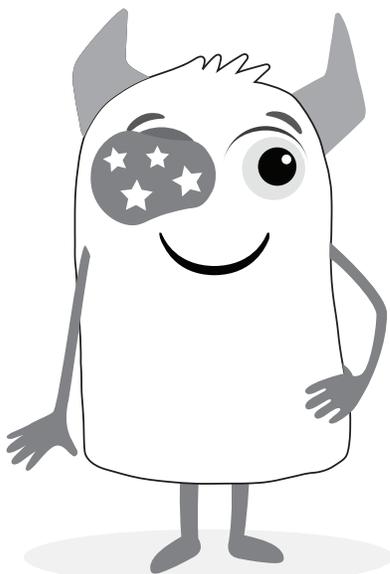
We need our eyes to read.
We need our eyes to read.
Our ABCs and 1-2-3's
We need our eyes to read.

We take care of our eyes.
We take care of our eyes.
We go to see the eye doctor.
We take care of our eyes.

We wear our safety goggles.
We wear our safety goggles.
Our eyes are safe and healthy now.
We wear our safety goggles.

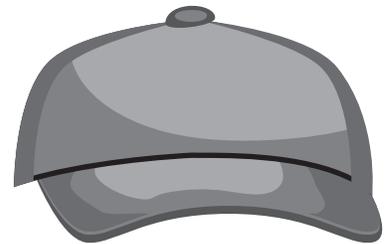
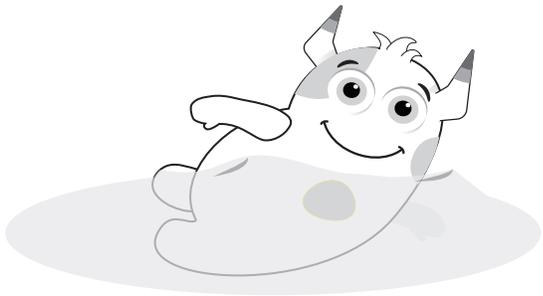


Circle the objects that keep your eyes safe.





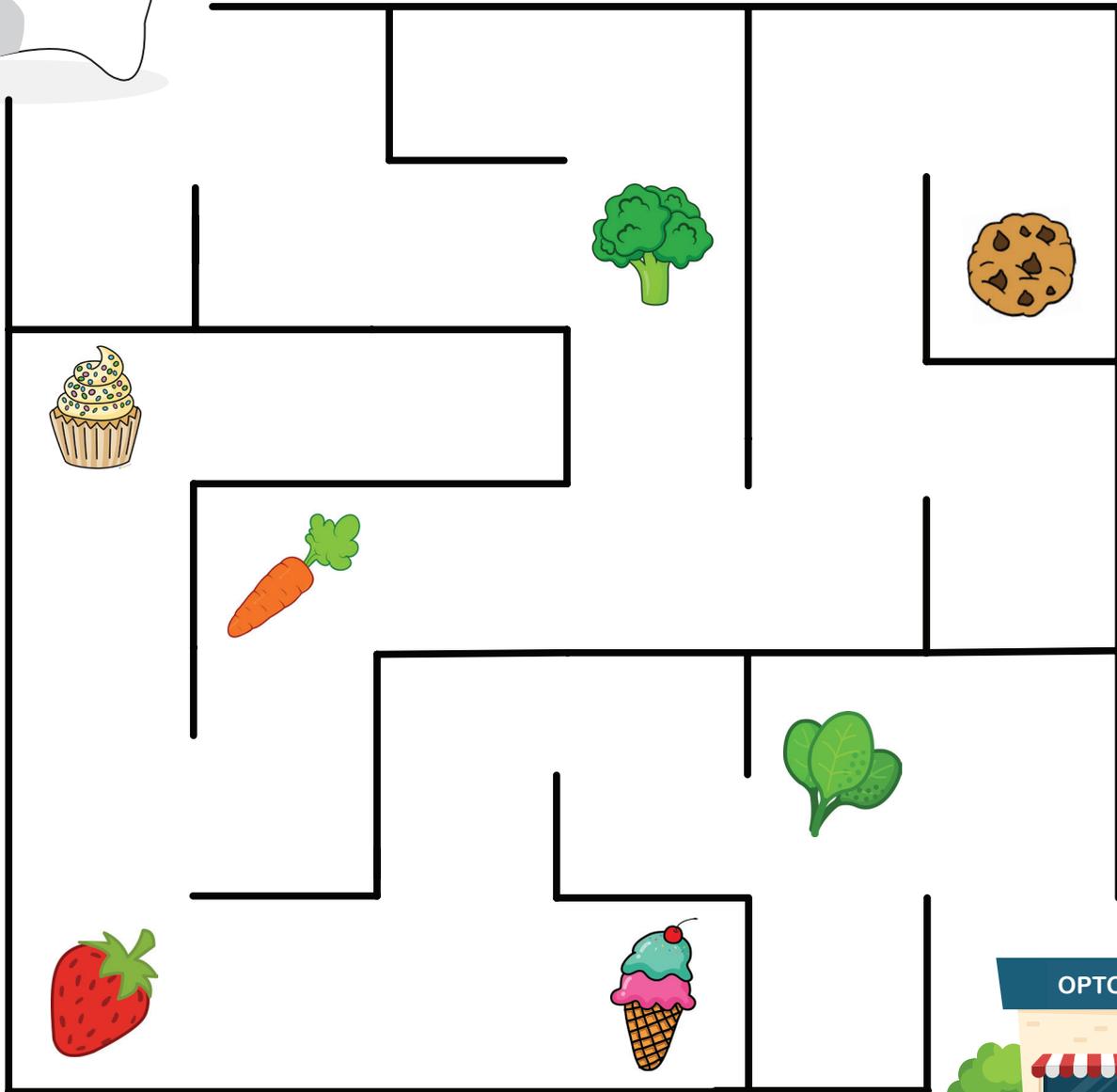
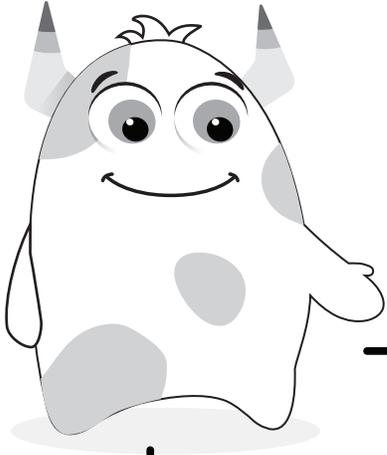
Help Sammy protect his eyes by matching his favorite activities to objects that will protect his eyes.



Help me find my way to the eye doctor.

No foods will help you see better, but some are important to your eyes.

Follow the path with foods that will help keep our eyes healthy!



Make sure to visit your eye doctor too!

