

# SHARE THIS PAGE WITH THE ADULTS AT HOME!

To learn more about children's vision & resources in your community visit: [ooa.org/Realeyes\\_community](http://ooa.org/Realeyes_community).



A local optometrist came to our class and presented the **Realeyes program** today.

We had fun and learned about eyes and eye safety!

Realeyes is a vision education program sponsored by the Ohio Optometric Association and made possible through the Ohio Department of Health **Save Our Sight Program**. When Ohioans renew their license plates they are asked to donate \$1 to the Save Our Sight fund.



OHIO  
OPTOMETRIC  
ASSOCIATION



Department of  
Health  
Save Our Sight

Education program  
teaching students about  
eye health and safety.

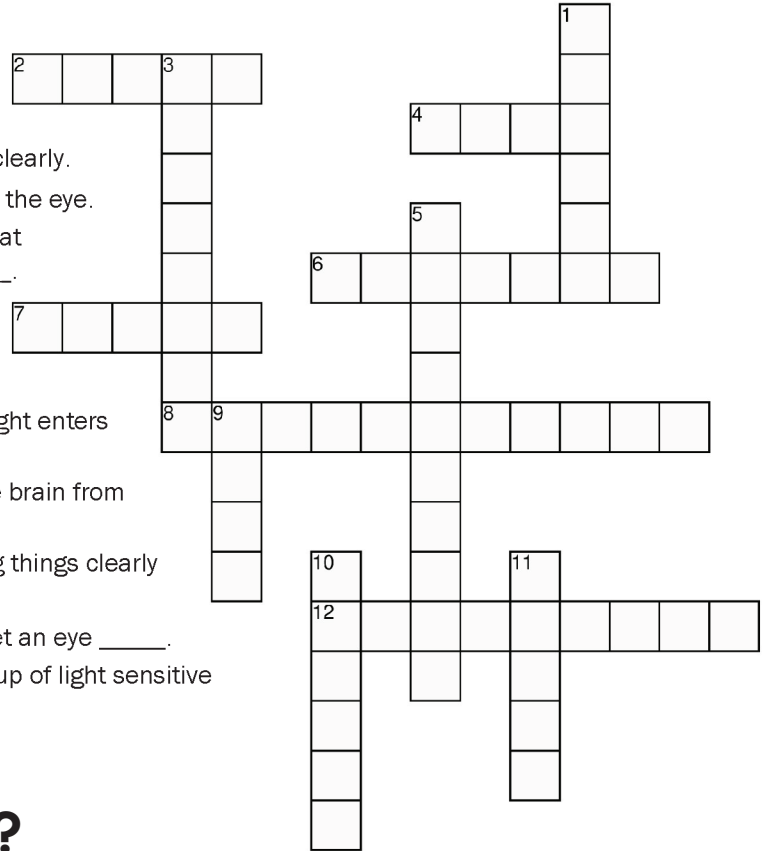
# Realeyes

## ACROSS:

2. The eyes send information to the \_\_\_\_\_ in order to interpret an image.
4. The \_\_\_\_\_ can be many different colors.
6. Some people need \_\_\_\_\_ to help them see clearly.
7. The \_\_\_\_\_ is a hole that allows light to enter the eye.
8. If it is blurry and out of focus when you look at something in the distance, you may be \_\_\_\_\_.
12. Visit the \_\_\_\_\_ to be sure you are seeing your best.

## DOWN:

1. The iris is a \_\_\_\_\_ that controls how much light enters the eye.
3. An optical \_\_\_\_\_ is something that tricks the brain from seeing the whole picture.
5. You may be \_\_\_\_\_ if you have trouble seeing things clearly that are close to you.
9. Visit an optometrist or ophthalmologist to get an eye \_\_\_\_\_.
10. The \_\_\_\_\_ is the back wall of the eye made up of light sensitive cells.
11. The iris gives our eyes their \_\_\_\_\_.



## DID YOU "REALEYES"...?

- 1 in 4 children has an eye disorder that can affect their learning.
- Undetected vision disorders are the #1 health problem in children.
- 80% of what a child learns under normal circumstances is through their eyes. A vision disorder can affect learning. **Is your child seeing as well as possible?**
- Not all eye problems have obvious symptoms. A regular eye exam by an eye doctor is the only way to find out the overall health of your child's eyes and vision.
- An eye exam by an eye doctor for every child is recommended shortly after birth, at six months of age, before entering school (age 3 or 4) and periodically throughout the school years.
- The sun's UV rays can cause long-term damage to the eyes. Children are at greater risk than adults. The effects are cumulative, and 80% of UV exposure happens before age 18.
- Vision screenings are an important step in eye care. Make sure to always follow-up with a comprehensive exam performed by an eye doctor to ensure your eyes are healthy.

## CONSIDER THIS....

- **Has your child had an eye exam by an eye doctor?**
- **When was your child's last eye exam?**
- **Is there a family history of vision problems or diseases?**
- **Does your child wear sunglasses or a hat when playing outside?**

ACROSS: 2) brain 4) iris 6) glasses 7) pupil 8) nearsighted  
DOWN: 1) muscle 3) illusion 5) farsighted 9) exam 10) retina  
11) color