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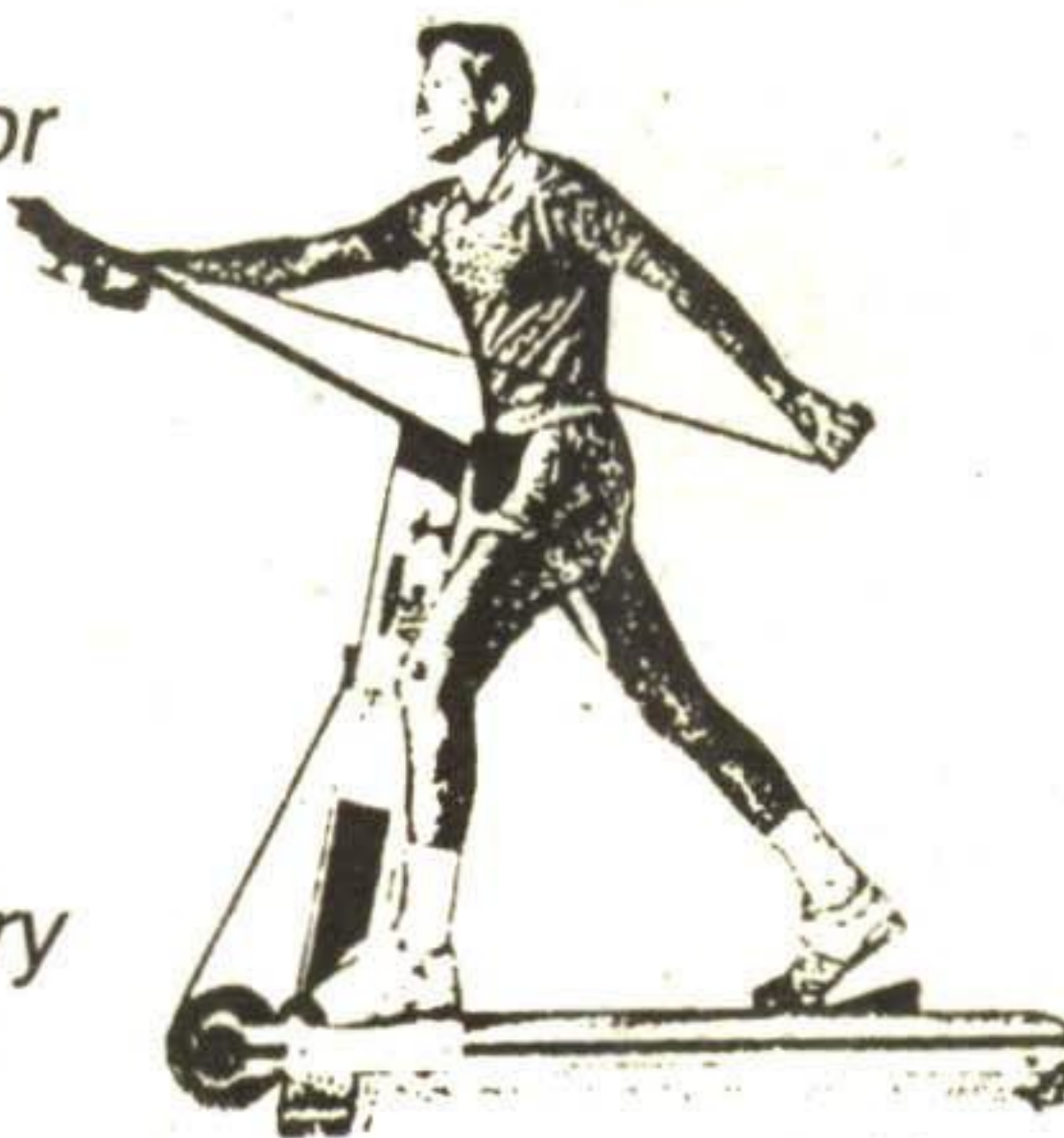
**IMAGE**

**STEPPERS & CLIMBERS**

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OFFERS EXPIRE MARCH 10<sup>th</sup>

**184 GUELPH ST. GEORGETOWN**

**873-7-241**

*Vision Awareness Week—March 6 to 12*

**Parents can help break illiteracy trap**

With up to one in four Canadian adults challenged by some degree of illiteracy, parents, educators and vision experts are urged to help children avoid this trap by ensuring they get regular vision care.

"If you can't even see the words in a book or on a blackboard, you can't read them," says Dr. Mira Acs, President of the Ontario Association of Optometrists. "There's a clear connection between good vision and literacy."

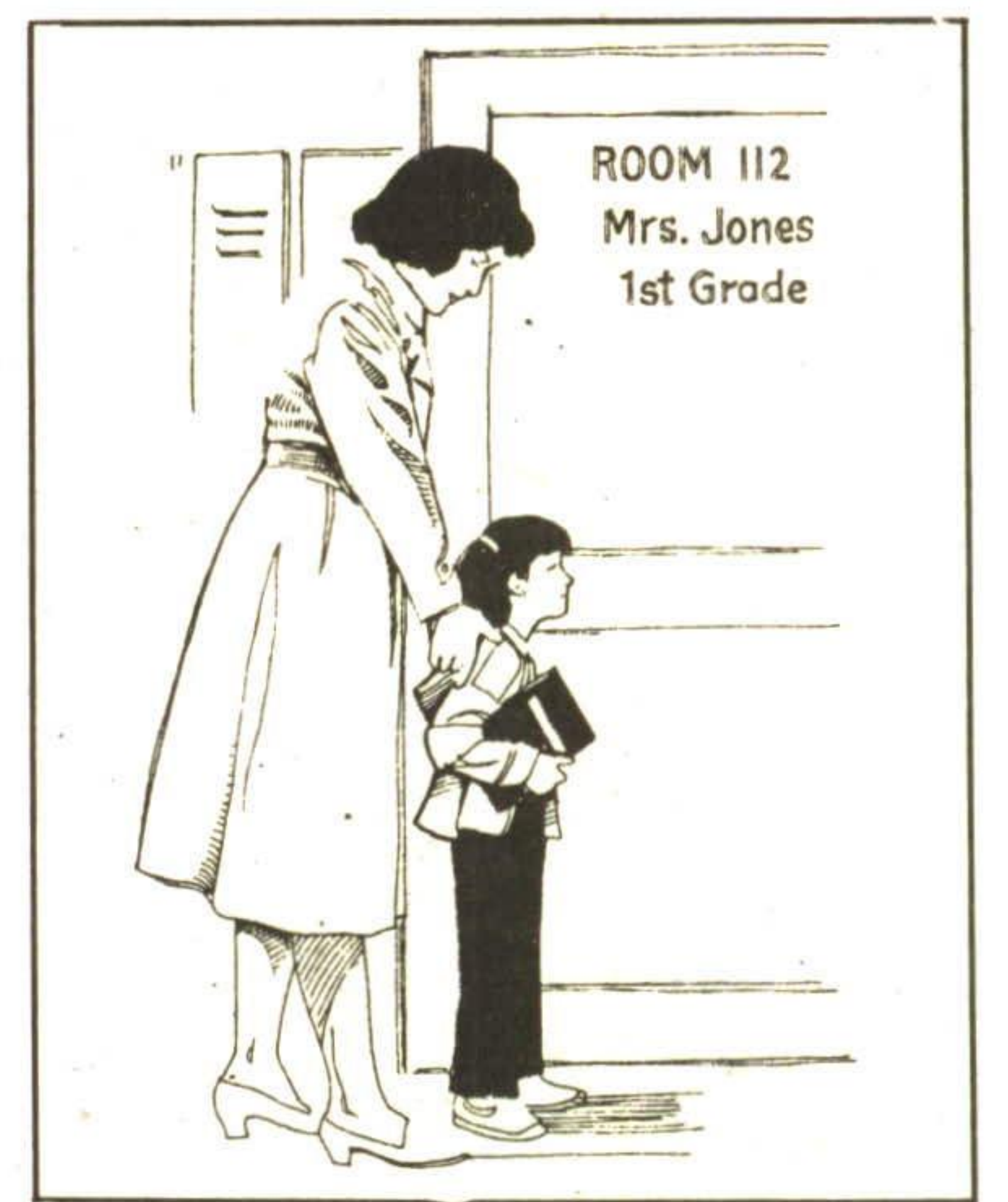
One in six children has a vision problem that can affect their performance at school. With studies showing as many as 75 per cent of adults with challenged literacy skills, when tested, failing at least one section of a vision examination, optometrists advise parents to use vision tests to detect vision problems in children early.

"Most visual problems that affect reading skills can be successfully treated," says Acs. "Early detection - which means as early as age three or younger - can improve a child's ability to learn to read."

**What parents do**

A child that simply rubs his eyes frequently or loses his place while reading may be sending a signal that he has a vision problem. Other signs for parents to watch for include:

- Short attention span or frequent daydreams
- Holding book closer than normal or avoiding reading up close



Turning or tilting head while reading to use one eye only  
Has difficulty remembering what has been read

These are just a few of the signals which indicate a child may have obvious vision problems that can be detected by standard eye chart tests, or less obvious problems including poor eye coordination and near focusing difficulties. If parents have any concerns about their child's vision, they should consult with an optometrist or other health care practitioner.

"Our children need good vision skills to succeed in the 21st century. Literacy is one of the most basic tools we can give to our children," says Acs.



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