

## Nintendo Issues Warning to Parents

Nintendo has issued a warning for parents that their new 3DS (the first handheld 3D video game), coming out soon, should only be viewed by children older than 6 years old.



The visual systems of young children, from birth to a few years old, are crucial for development. Infants should be learning how to manage their bodies when learning to crawl. Toddlers should be busy jumping, walking, skipping, running, swimming, climbing, as well as coloring and drawing, stacking blocks, etc. All of these activities help strengthen their eyes and their hand-eye coordination.

If they are sedentary, watching TV or playing video games (including 3D), their visual development may suffer. When viewing 3D movies and games, some people experience unpleasant physical sensations such as dizziness and nausea. If so, they should come in for an eye examination. Often these symptoms can be helped or alleviated by vision therapy.

If you know someone who has difficulty playing 3D games or seeing 3D movies, please share this newsletter with them. If you have already gone through our vision therapy program, you should be able to enjoy 3D viewing. If you have any difficulty, please let us know.

For the full story, go to:

**College of Optometrists in Vision Development**

<http://tinyurl.com/677t5oz>



**“The Doctors” TV show** aired a special segment recently regarding double vision, it’s various causes, what objects and words on a page look like to someone who has double vision, and possible treatments.

Did you know that seeing is actually a learned skill, just like walking, talking, writing, etc.? If there is misalignment of the eyes, it can produce double vision, making it frustrating and difficult to read and write, much less understand what’s being read. Sometimes what is viewed as “just a clumsy child” is really an undiagnosed vision problem. The 5 minute segment also touches upon the connection between alignment of the eyes, how vision works and what is necessary to see movies and games in 3D. To find out more about double vision, its causes and treatments go to: [www.thedoctorstv.com/videolib/init/3086](http://www.thedoctorstv.com/videolib/init/3086)

## Maybe it’s not ADD/ADHD.



If you know of a child who has difficulty focusing on his/her schoolwork, it may be because of an undiagnosed vision problem.

An interview on ABC7 News highlights this issue. According to this interview, last year over 4.1 million children were diagnosed with ADHD, but a newer study now shows that possibly more than 1 million were misdiagnosed and that a vision problem was more likely the source. To see the whole story go to: <http://tinyurl.com/33y7d6e>

Most people come to our office after years of struggling with tutoring, special services at school and even medication. Yet, once the underlying vision problem was found and corrected, it made a huge change!

If your child struggles with reading, please ask yourself the following questions. Does your child:

- ☐ Omit or substitute small words (like “of” for “for”, or “if” for “of,” etc.)?
- ☐ Get frustrated trying to read or do homework?
- ☐ Take much longer doing his/her homework than expected?
- ☐ Have trouble making out words?
- ☐ Slow when copying or making lots of errors?
- ☐ Find it harder to read at the end of the day than in the morning?
- ☐ Skip words or repeat lines when reading out loud to you?
- ☐ Reverse letters like b's into d's when reading?
- ☐ Have a short attention span with schoolwork?

Even one of these symptoms could signal a possible vision problem. Regular eye exams typically evaluate only eye health, acuity (how clearly you can see the eye chart) and the need for glasses (or contacts). If reading or schoolwork is a struggle, schedule a developmental vision evaluation today!