



Partners for  
Pediatric Vision  
Keeping Kids in Sight

## Back-to-School Newsletter

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### Don't Forget About Eye Exams!



August is National Eye Exam Month. Has your child had their eyes checked in the past year? Add an eye exam to your back-to-school list to determine if glasses or other low vision devices can help your child use their vision to the greatest extent possible. **Contact us** if you need help finding a Pediatric Ophthalmologist or Low Vision Optometrist!



Interested in having one of our Vision Educators sit in on your child's eye exam? Partners for Pediatric Vision works alongside doctors at these locations. Call your Family Specialist or (323) 612-8185 for help scheduling an exam.

### **University Eye Center at Ketchum Health**

5460 E. La Palma Ave.  
Anaheim, CA 92807  
(714) 463-7500

### **University Eye Center at Los Angeles**

3916 S. Broadway  
Los Angeles, CA 90037  
(323) 234-9137

### **Serve the People**

1206 East 17th Street, Suite 101  
Santa Ana, California 92701  
(714) 352-2911

### **Raymond Renaissance Surgery Center**

125 N Raymond Ave.  
Unit 212  
Pasadena, CA 91103  
(626) 529-3937

**Kaiser Permanente Optometrists in Southern California** (virtually)

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## **Tips on Making the Back-to-School Experience Positive and Empowering for Your Child**

source: [Lighthouse Guild](#)

- **Create an Inclusive Environment:** Collaborate with teachers and school staff to discuss the placement of materials, seating arrangements, and any necessary accommodations.
- **Become Familiar with the School Layout:** Arrange a visit to the school to familiarize your child with the layout. Identify key locations such as classrooms, bathrooms, cafeterias, and the school office.
- **Organize Supplies:** Label school supplies with tactile markers or use color-contrasting tape to help your child easily identify and locate their materials. Consider using a backpack with compartments for better organization.
- **Introduce Assistive Technology:** Work with the school's special education team to integrate assistive technology that might include screen readers, magnification tools, or note-taking apps.
- **Encourage Self-Advocacy:** Empower them to self-advocate by guiding them on how to express their requirements to teachers and peers.
- **Set a Routine:** Consistency is key. Establish a daily routine with ample time for morning preparations, homework, and other activities. Predictability = security for children with vision loss.
- **Encourage Social Interaction:** Facilitate introductions with classmates and foster a positive, inclusive atmosphere. Consider arranging playdates or social events to help build friendships.
- **Foster a Positive Mindset:** Remind your child of their unique strengths and abilities, encouraging them to approach challenges with confidence.

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## If Your Child Has Cortical/Cerebral Visual Impairment (CVI), Here's Some Strategies for The Upcoming School Year to Encourage Visual Attention:

source: Nevada Dual Sensory Impairment Project

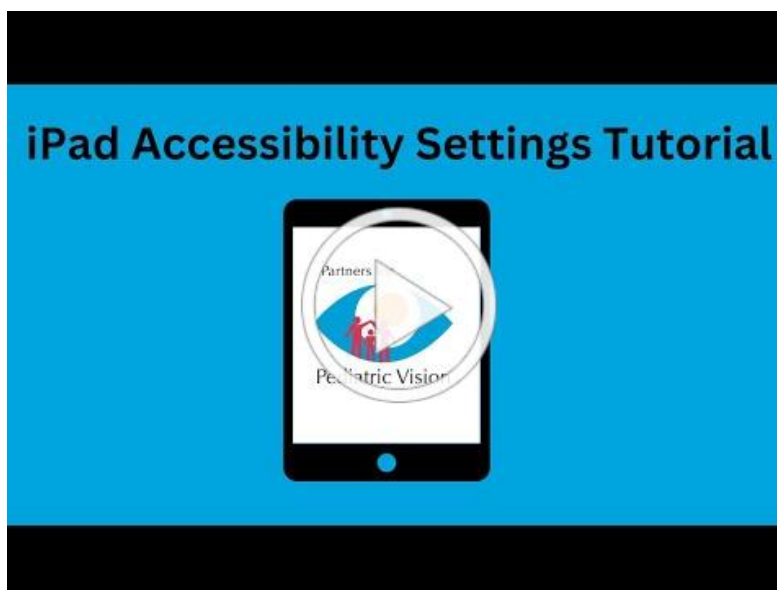
- Use simple cues (e.g., touch cues, object cues).
- Avoid figure-ground clutter.
- Use repetition & familiar routines.
- Avoid extra, unnecessary stimulation.
- If possible, pair visual information with other sensory cues.
- Do not over-stimulate the child with visual clutter.
- Be aware of visual preferences.
- Allow the child to avoid visual gaze if necessary.
- Be aware of other “drains” on energy.
- If needed, adapt the setting to reduce noise clutter, over-stimulating lighting, & other distracters.
- Sometimes moving an object will help the child to see the object better.
- Use real objects rather than abstract symbols (e.g., an orange vs. a circle).
- Use active rather than passive learning.

5 environmental areas that can be changed to encourage children to use their vision:

- Color (bright vs. bland)
- Contrast (high vs. low)
- Lighting (use lighting cues--e.g., shining a flashlight on an object)
- Space/Distance

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## Change the Accessibility Settings on Your Child's iPad



Do you know about all the accessibility features on your child's iPad?

Watch our 10-minute tutorial to learn how to help your child:

-Enlarge, bold, and create high-contrast text

- Enable voice-over/audio descriptions
- Add a language
- Add braille accessibility/screen input
- Zoom/magnify screen
- Add & customize subtitles & captioning

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## Parent Support Groups/Grupo de Apoyo para Padres

|   <br><b>PARENT SUPPORT GROUP</b>                                                 | <b>GRUPO DE APOYO PARA PADRES</b>                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>When:</b> 2nd Wednesday, 4:00 - 5:00pm<br/>4th Tuesday, 1:00 - 2:00pm</p> <p><b>Where:</b> Zoom</p> <p><b>Group Leaders:</b><br/>Janice Goldhaber, MFT<br/>Diane Christian, PhD</p> <p><b>Register:</b><br/>Contact Diane at (323) 612-8185 or<br/><a href="mailto:DianeLChristian@gmail.com">DianeLChristian@gmail.com</a></p> | <p><b>Cuándo:</b> Segundo miércoles de cada mes, 6:30 - 7:30pm</p> <p><b>Dónde:</b> Zoom</p> <p><b>Líderes de grupo:</b><br/>Yolanda Moreno, MA, ECSE<br/>Rosanna Sandoval<br/>Mackenzie Bello-Ponce</p> <p><b>Registrarte:</b><br/>Contacta a Mackenzie<br/>714-712-0745 o<br/><a href="mailto:MackenzieBelloPonce@gmail.com">MackenzieBelloPonce@gmail.com</a></p> |

### Are you interested in talking with other parents of children with vision loss in a confidential supportive setting?

Our parent support groups are available twice a month. Join fellow parents to hear about resources and strategies for yourself, your child, and your family and receive acknowledgment of your challenges and successes.

### ¿Está interesado en hablar con otros padres de niños con un impedimento visual en un entorno de apoyo confidencial?

Nuestros grupos de apoyo para padres está disponible una vez al mes. Únase a otros padres para conocer los recursos y estrategias para usted, su hijo y su familia y reciba el reconocimiento de sus desafíos y éxitos.

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## Back-to-School Pictures

*send us your back-to-school pictures to be featured on social media*



Isaac is excited for his first day of pre-k!



Noah is looking forward to first grade!

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## Braille Institute Child Development Educational Series



### Child Development Educational Series June through August 2024

**For families of young children with visual impairments and their early intervention/education team.**

- Each 30 to 45 minute virtual seminar offers a lecture and a Q&A session

#### **August 27 at 3pm - Transitioning into Preschool and Kindergarten**

Keith Christian and Laurie Contrell, Teachers of Students with Visual Impairments, will share how to begin preparing your children to transition into preschool and kindergarten.

Meeting information: [Click here to join the meeting](#)

Meeting ID: 231 434 416 956

Passcode: oCP7SR

[+1 323-433-2244, 153853163# United States, Los Angeles](#)  
[\(844\) 644-7492, 153853163# United States \(Toll-free\)](#)

Access the meeting link [here](#)

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## Fun Learning Opportunity This Fall

*Cal State LA ExCEL Academy* is offering free, engaging lessons for visually impaired students. The students will be matched with a teacher candidate. The Academy will start on September 21 from 9 a.m. to 1:30 p.m. in person at Beyond Blindness in Santa Ana.

Address:  
18542-B Vanderlip Ave.  
Santa Ana, CA 92705

## Don't Miss Out on Our Family Events!



*Play the video to see NBC LA's coverage of our Ukulele lessons/Western Museum of Flight tour!*

Partners for  
  
Pediatric Vision

### Upcoming Events

Contact your PPV Family Specialist if you're interested in attending any of these events!



**September 14:**  
**Bolsa Chica**  
Conservancy: nature walk & visiting center in Huntington Beach (children need to walk independently)



**October 13:**  
**Build-A-Bear:** children with visual impairment will get to make their own bear with the help of a Jr. Vista buddy in Torrance



**November 9:**  
**LA Philharmonic at Disney Concert Hall:** experience a live performance of Symphonies for Youth in Downtown LA



**December 8:** Audio Described Movie: children with vision loss can experience a movie with audio description headsets at the Krikorian Metroplex in Buena Park

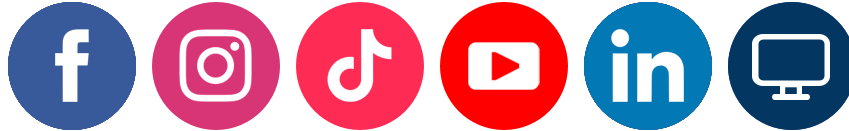


Have you had a chance to join us for our family events? Partners for Pediatric Vision hosts Ukulele lessons, Western Museum of Flight tours, Build-A-Bear workshops, Audio Described movies, and other events! We do our best to include every family who is interested in our activities, so please let us know if you would like to be on our invitation list. Email us at [partnersforpediatricvision@gmail.com](mailto:partnersforpediatricvision@gmail.com) or phone us at (323) 612-8185.

*Partners for Pediatric Vision is a non-profit. It was established in 2016 to provide vision education and support services for families of children with vision loss. Our services are funded by individual donations of all sizes and foundation grants. All donations go directly to pay for our Family Specialists who work on behalf of children and families.*

**DONATE**

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