



Low Vision Awareness Month

What is Low Vision?



Low Vision is permanent vision loss that can't be corrected with glasses, surgery, or medical treatments. Since about 80% of learning happens through the visual system, impaired vision affects all aspects of a child's development.

Partners for Pediatric Vision is here to help families access Low Vision exams and devices that can reduce difficulties with reading, writing and eye strain, and increase independence and self-esteem.

Low Vision Devices Make a Difference



Leia's Electronic Video Magnifier (EVM) helps her read with high contrast, low glare, and enlarged font size.



Jonathan uses this Smartlux portable magnifier to enlarge print and make reading easier anywhere he needs it.

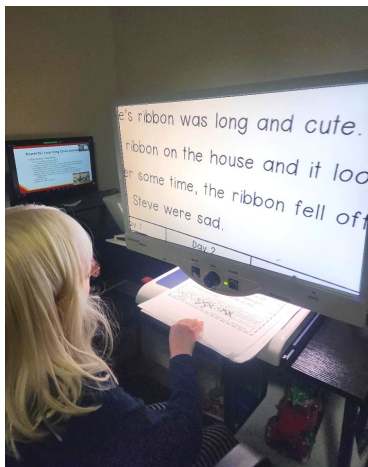


This light box is supporting Delilah's vision development by using light, vibrant colors, and contrast.

For babies and young children, light boxes, high contrast, and larger print can help maximize the development of vision and visual learning.

As children grow, low vision devices including magnifiers, telescopes, iPad and Android apps, slant boards, large print keyboards, task lighting, specialized glasses, and technology can help a child or teen with visual impairment use their remaining vision to reach learning goals and independence.

Low vision devices can be demonstrated at our partner eye exams and by our Child & Family Vision Specialists.



Low vision devices have been critical for siblings Derek and Aileen since preschool. Derek and Aileen have Oculocutaneous Albinism and the lack of pigment in their eyes causes nystagmus, reduced visual acuity, color vision impairment, and photophobia.

Thanks to PPV donors and grants from our community partners, Derek and Aileen's family receives help covering the cost of the handheld, portable and desktop magnifiers that they need to reduce eye strain and keep up academically with their sighted peers. These devices are essential for learning success and independence, yet they are not covered by insurance. Outside of the school setting, many children lack access to them at home or in their community.

"Partners for Pediatric Vision has given me motivation to keep going forward with my children despite their condition. You have provided information,

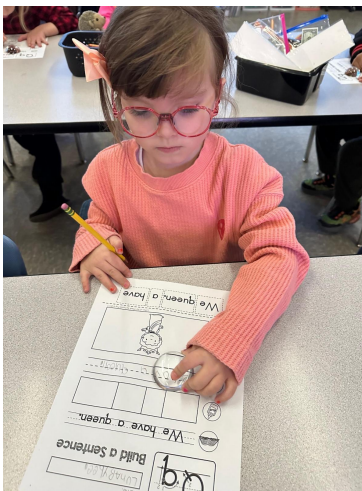
guidance, resources and a lot of tools to continue helping my kids grow and achieve their dreams. You inform me about my rights as a parent, you help us with services and low vision devices but mostly you have given me a lot of motivation. You really make me feel like I am part of your PPV family and I know I can trust you, I know that if I have any questions, I can always ask you and I know I can count on you."

-Flor, mother of Derek and Aileen

Contact us if you'd like more information about low vision devices

CONTACT US

Luna's Classmates Learn About Low Vision



Luna has corneal scarring due to inflammation in both eyes. Luna needs magnification and other low vision devices to read and write successfully and without eye strain. Robin, Luna's mother, was unsure how her classmates would react to seeing Luna use a dome magnifier at school. That's when she decided to provide dome magnifiers for Luna's classmates and with the help of Luna's school teacher, they were able to show them how enlarging print helps her see and complete her work with a little extra help.

Bringing awareness about vision loss to young children sends a powerful message about accepting what is unique about one another. PPV can help with activities for your child's class to learn about vision differences. Thank you to Luna's family for sharing this inspiring story. For more resources about low vision awareness for children, visit our [**resources page**](#).

Practicing Self Compassion

Showing love this month includes taking care of yourself. Janice Goldhaber, M.F.T., PPV's Parent Support Group Facilitator shares her knowledge and her firsthand experience growing up with visual impairment to encourage families to take a few minutes during the day to be kind to yourself. Giving to others, especially

parenting, requires attention, energy, and time. Taking care of yourself can help keep reduce stress and increase focus and energy. It's a gift you can give yourself.

Think of three things you can do to practice self care during the course of day. Some examples are:

- Have a cup of coffee or tea
- Step outside for fresh air
- Call someone special to say hello
- Listen to a favorite song
- Massage your feet or hands
- Journal your thoughts

Need more resources or ideas about self-compassion? **Contact us** with your questions for Janice or share your stories in our email newsletters.

Partner Highlight: Pediatric Eye Care



We are excited to partner with Dr. Alex de Castro and his team at **Pediatric Eye Care** in Redondo Beach. Dr. de Castro is dedicated to empowering parents by explaining eye conditions and exam results in order to make the best decision for each patient and family. His goals include the best possible vision in each eye and treatment options that are aligned with the best evidence available.

PPV Child & Family Vision Specialists are available to sit in on exams with Dr. de Castro and provide an eye care-education partnership for our families.

Contact PPV (323) 612-8185 or Pediatric Eye Care at (310) 374-2727 for an appointment.

Valentine's Day Craft: Paper Flower Bouquet



PPV's Child & Family Vision Specialist Heather and her son, Jett created a Valentine's Day heart bouquet. It's simple and only requires a couple supplies you may already have at home. Watch the tutorial [here](#) and if you create your own, tag us on social media!

Parent Support Group: Understanding Your Child's Visual Impairment



Parent Support Group
Topic: Understanding Your Child's Visual Impairment



GUEST SPEAKER:
DR. TERESA ROSALES, M.D.,
PEDIATRIC OPHTHALMOLOGIST, RETIRED

DR. TERESA ROSALES HAS OVER 46 YEARS OF EXPERIENCE IN THE MEDICAL FIELD. SHE GRADUATED FROM UCLA/CENTER FOR HEALTH SCIENCES AND PRACTICED IN LONG BEACH AT FAMILY EYE MEDICAL (NOW SOUTH BAY FAMILY EYE).

 WEDNESDAY, FEBRUARY 12
 4:00-5:00PM (PACIFIC TIME)
 ZOOM
 CONTACT DIANE: (323) 612-8185
DCHRISTIAN@PARTNERSFORPEDIATRICVISION.ORG

Join our Parent Support Group on Wednesday, February 12, 4:00 - 5:00 pm where Dr. Teresa Rosales, our volunteer retired Pediatric Ophthalmologist will talk about understanding your child's visual impairment.



Grupo de apoyo para padres
Tema: Comprende la discapacidad visual de su hijo/a



ORADORA INVITADA:
DRA. TERESA ROSALES, M.D., OFTALMÓLOGA
PEDIÁTRICA, JUBILADA

LA DRA. TERESA ROSALES TIENE MÁS DE 46 AÑOS DE EXPERIENCIA EN EL CAMPO DE LA MEDICINA. SE GRADUÓ DE UCLA/CENTRO DE CIENCIAS DE LA SALUD Y PRACTICÓ EN LONG BEACH EN FAMILY EYE MEDICAL (AHORA SOUTH BAY FAMILY EYE).

 MIÉRCOLES, 12 DE FEBRERO
 6:30-7:30 P. M. (HORA DEL PACÍFICO)
 ZOOM
 CONTACTA A MACKENZIE 714-712-0745
MBELLO@PARTNERSFORPEDIATRIC VISION.ORG

Únase a nuestro grupo de apoyo para padres el miércoles 12 de febrero, de 6:30 a 7:30 p. m., donde la Dra. Teresa Rosales, oftalmóloga pediátrica jubilada, hablará sobre cómo comprender la discapacidad visual de su hijo o hija.

Adding Visual and Tactile Learning to Your Child's Room

with SmartBaby Decor

Check it out! - room decor that is visually stimulating and tactile for children with visual impairment!

SmartBaby Decor was founded by Dr. Dashaini Retnasothie, O.D., our partner Pediatric Optometrist who has designed home decor that includes visual and tactual learning. Go to their **Instagram** or **website** to see customizable wall art that includes sensory, tactile and Braille options for children with visual impairments like Jett and Ethan.

Use the code "PPVFamily" for 25% off everything!



Watch Ethan's room makeover [**here**](#)



Watch Jett's room makeover [**here**](#)

Partners for Pediatric Vision is a 501(c)3 established in 2016 to provide vision education and support services for families of children with vision loss ages birth to 18. Our services are funded by individual donations and foundation grants.

In 2024, over 550 children and families received our services linking healthcare, education and support to ensure children with Low Vision have the opportunity to thrive.

DONATE

Follow us on social media for more!



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