



Learning First

Children and Eye Problems ...Prevention of Eye Injuries Awareness Week is July 1-5

Almost 80 percent of preschool-age children never get an eye exam. And far too many back-to-school physicals do not include testing for common eye disorders. Untreated eye conditions can worsen and lead to other serious problems, as well as affect learning ability, athletic performance and self-esteem.

The best way to protect a child's eyes is through professional eye examinations, beginning shortly after birth, at six months of age, before entering school (age four or five) and periodically throughout the school years.

Also, the more you learn about children's eyes, the better you can help protect them!

Signs of Possible Eye Trouble in Children

It is possible for your child to have a serious vision problem without your being aware of it. Any concern about abnormalities in the appearance of the eyes or vision should be investigated. If you have any questions about your child's vision, see an eye doctor. In any case, start early to provide your child with a regular schedule of professional eye exams. Signs of possible eye trouble in children include:

Behavior

- Rubs eyes excessively
- Shuts or covers one eye
- Tilts or thrusts head forward
- Has difficulty with reading or other close-up work
- Holds objects close to eyes
- Blinks more than usual or is irritable when doing close-up work
- Is unable to see distant things clearly
- Squints eyelids together or frowns

Appearance

- Crossed or misaligned eyes
- Red-rimmed, encrusted or swollen eyelids
- Inflamed or watery eyes
- Recurring styes (infections) on eyelids
- Color photos of eyes show white reflection instead of typical red or no reflection

...Continued-Eye Problems

Lending Kits Now Available

Lending kits are now available for checkout. There are five kits each containing a PBS Kids program, related book and activity. Parents and daycare providers can check out kits for a 10-day period from the time of check-out and date to be returned. The following is a list of what is currently available.



1. Theme: Cultural Appreciation
Program: Sesame Street
2. Theme: Transportation
Program: CAILLOU, "Traveling"
3. Theme: ABC's
Program: BARNEY, "What's In a Name"
4. Theme: Weather/Rain
Program: JAY JAY..., "Snuffy's Rainbow"
5. Theme: Colors
Program: BARNEY, "Colors All Around"
6. Theme: Team Work
Program: CLIFFORD, "Team Spirit"
7. Theme: Learning All About Me (Individual Differences, Emotions, Friendship)
Program: BARNEY

New kits will be announced in upcoming issues of this newsletter. Call 660-543-8922 or e-mail dschockmann@kmos.cmsu.edu to request a kit.



What's Going on with ZOOM

ZOOM INTO THE GREAT OUTDOORS!

Summer's here and it's time to get outside! Try a game of Ulu Maika, a Hawaiian version of bowling where one carefully avoids water-filled obstacles:
<http://pbskids.org/zoom/games/ulumaika.html>.

Create your very own Tidal Wave using an everyday bed sheet:
<http://pbskids.org/zoom/games/tidalwave.html>.

Or, wiggle your way through a ZOOM Obstacle Course using eggs, balloons and rope:
<http://pbskids.org/zoom/games/zoomobcourse.html>!

For more great ideas,
go to <http://pbskids.org/zoom/games/index.txt.html>.

RED, WHITE, AND ZOOM

Get ready for July 4th! What better time to inspire kids to give the USA some TLC! Encourage kids to ZOOM Into Action and make a difference in their community. Need ideas or want to hear what others have been up to? Go to <http://pbskids.org/zoom/action/>. And to please those patriotic taste buds on July 4th, whip up some Stars and Stripes Toast! For the recipe, turn your cookbook to pbskids.org/zoom/cafe/starstripes.shtml.



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...Continued - Eye Problems

- Complains eyes itch, burn or feel scratchy
- Cannot see well
- Dizziness, headaches or nausea following close-up work
- Blurred or double vision

If a child exhibits one or more of these signs, please seek professional eye care. A professional eye exam is recommended shortly after birth, by six months of age, before entering school (four or five years old) and periodically throughout school years. Regular eye exams are important since some eye problems have no signs or symptoms.

For more information about children's eye health and safety, contact Prevent Blindness America or the Prevent Blindness affiliate near you.

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July is...	
Monthly	Ice Cream Month Fireworks Safety Month
Weekly	1st-5th Prevention of Eye Injuries Awareness Week
July	1 - First US Postage Stamps Issued 4 - Independence Day 20 - Moon Day 22 - National Hot Dog Day

See back page for related activity ideas and reading selections.

KMOS Kids Ready To Learn Daily Schedule	Weekdays		Age
	6:30 am	Clifford the Big Red Dog	3 to 7
	7:00	Sesame Street	2 to 4
	8:00	Jay Jay the Jet Plane	2 to 6
	8:30	Teletubbies	1 to 3
	9:00	Zoboomafoo	2 to 5
	9:30	Arthur	4 to 8
	10:00	Caillou	2 to 6
	10:30	Clifford the Big Red Dog	3 to 7
	11:00	Mister Rogers' Neighborhood	2 to 6
	11:30	Jay Jay the Jet Plane	2 to 6
	12 pm	Teletubbies	1 to 3
	12:30	Dragon Tales	3 to 6
	1:00	Sagwa	5 to 8
	1:30	Arthur	4 to 8
	2:00	Reading Rainbow	4 to 8
	2:30	Between the Lions	4 to 7
	3:00	Zoom	4 to 12
	3:30	Cyberchase	6 to 9
	4:00	Caillou	2 to 6
	4:30	Dragon Tales	3 to 6
	5:00	Sagwa	5 to 8
	5:30	Zoboomafoo	2 to 5
	Saturday		
	7:00 am	Bookworm Bunch	2 to 7
	9:00	Cyberchase	6 to 9
	9:30	Anne of Green Gables	3 to 7
	10:00	Angelina Ballerina	5 to 9
	10:30	Adventures from the Book of Virtues	6 to 11
	11:00	Dragonfly TV	2 to 6
	11:30	Mister Rogers' Neighborhood	2 to 6
	Sunday		
	7:00 am	Sesame Street	2 to 4
	8:00	Barney & Friends	2 to 5
	8:30	Teletubbies	1 to 3
	9:00	Dragon Tales	3 to 6
	9:30	Zoboomafoo	2 to 5
	10:00	Sagwa	5 to 8
	10:30	Arthur	4 to 8
	11:00	Between the Lions	4 to 7

July....Ice Cream Month

KMOS Ready to Learn

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Abominable Snow Cones

What you need:

- Vanilla ice cream
- Cone or small bowl
- Grated coconut
- Assorted candies: gum drops, chocolate chips, chocolate sprinkles
- Whipped cream

1. Stack one scoop of vanilla ice cream on top of another scoop. (Use a cone, or just place the scoops in a small bowl.)
2. Let your child cover both scoops with grated coconut.
3. Now, he can add gum drops for eyes and chocolate chips for buttons. Then, use whipped cream or chocolate sprinkles to make hair or a beard.
4. Yum! You've got an abominable snow cone!

Cupcake Ice Cream Cones

What You Need:

- ice cream cones
- cake mix
- frosting

Mix the cake mix as directed and fill ice cream cones about 3/4 full. Place on cookie sheet or set in cupcake pan. Follow directions on cake mix box for cupcakes for cooking time and temperature. Frost with any frosting desired. Surprisingly, the cones bake fine i.e. they do not burn and the whole thing is edible. You can also decorate the tops with colored sprinkles.

Moon Day...July 20

Moon Watcher

Everybody can be a moon watcher. For five consecutive nights have the children go out at night with their parents to look for the moon. Older children can draw and record what they see each night.

Discussion: Who saw the moon last night? How did it look? Was it a "new moon", a "full moon" or a crescent. Check each day to see if the moon looks the same each night. Record the children's observations pictorially. Does the moon look like it is getting bigger or smaller? Even though we live in different places, did the moon look the same to all of us?

Moon Rocks

Have children go on a rock hunt and select one rock that they would like to paint. After the rocks are collected, have the kids paint their rock to look like what they think rocks on the moon look like!

Reading Selections

From Cow to Ice Cream
by Bertram T. Knight

Curious George Goes to an Ice
Cream Shop
by Margaret & H.A. Reys

Things I Like
by Anthony Brown

Today is Monday
by Eric Carle

Sunshine, Moonshine
by Jennifer Armstrong

What the Moon is Like
by True Kelley & Franklyn Mans-
field Branley

Moonhorse
by Mary Pope Osborne

No Moon, No Milk!
by Chris Babcock