

# Does your child struggle in school?

## SEE IT. SAY IT. DO IT!

*The Parent's & Teacher's Action Guide to Creating Successful Students & Confident Kids*

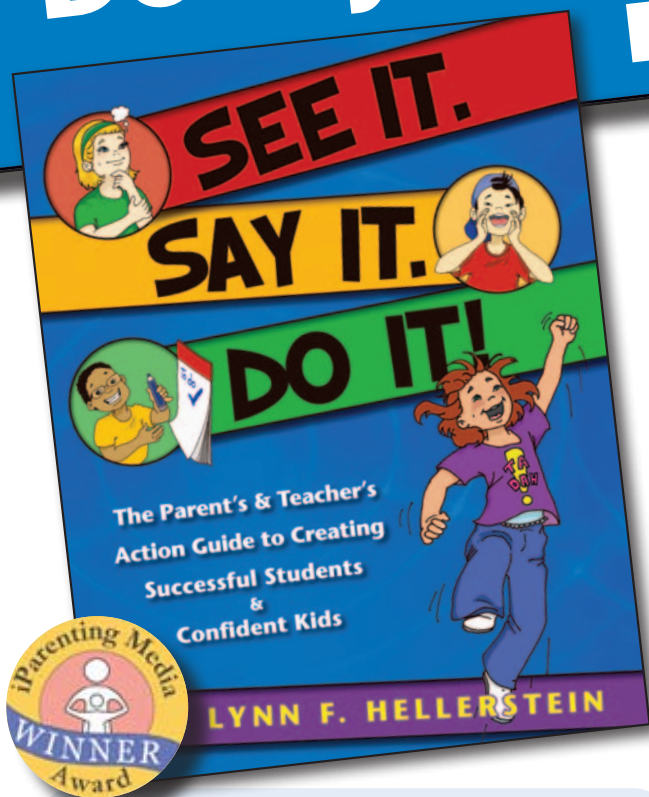
By **Dr. Lynn F. Hellerstein**

Too many children are frustrated by reading, writing and sports. Your child may be a master at avoiding tasks, stressed, anxious, or have a behavioral problem.

### This book will help your child to:

- Become more confident
- Create strategies to overcome obstacles and barriers
- Be successful in school
- Develop a joy for learning
- Enhance sports performance

**SEE IT. SAY IT. DO IT!** offers visualization tools and strategies that improve performance.



*Dr. Hellerstein, one of America's top vision specialists, provides an insightful and wonderfully practical look at learning how to learn that will be a tremendous gift to parents, teachers, tutors, and students of all ages. We are thrilled to have it available to recommend to the children and families we work with!*

Drs. Brock and Fernette Eide  
Eide Neurolearning Clinic  
authors of *The Mislabeled Child*

Both you and your child will **Celebrate with a huge TA-DAH!**

## The book includes:

### 50 illustrations, stories, scripts in a fun, easy-reading book:

- Learn about the critical link between vision and learning
- Why 20/20 is not perfect vision
- How to develop and use visualization skills

### 28 activities – specific step-by-step process to:

- Learn how to visualize through relaxation, breathing, awareness
- Effectively study for reading, spelling, writing and math
- Mentally prepare for tests and competitions

### 33 Dr. H Insights:

Dr. Hellerstein's insights from 30 years of experience where she has inspired thousands to improve their vision and enhance their lives through vision therapy.



**Chapter 10**  
"I make movies  
in my mind"

[www.SeelItSayItDoIt.com](http://www.SeelItSayItDoIt.com)

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# Did you know that 1 in 4 school-age children has a vision problem?

SEE IT. SAY IT. DO IT!



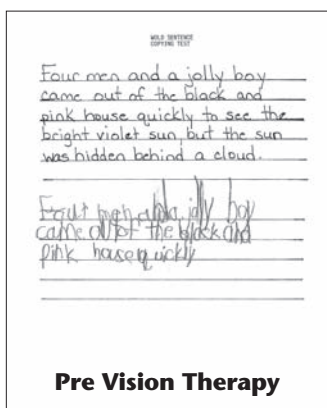
## 5 Signs of Vision Problems

- 1 Skips lines, loses place when reading
- 2 Poor reading comprehension
- 3 Rubs eyes, blinks, eye discomfort or headaches
- 4 Takes excessive time to complete homework
- 5 Poor handwriting

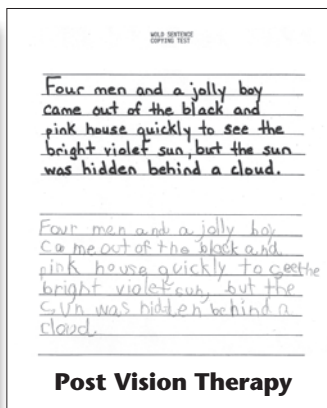
### Chapter 2

Why 20/20 Vision Isn't Always Perfect

### Chapter 12 Creative Writing Can Lead To Anywhere



Pre Vision Therapy



Post Vision Therapy

"My writer was crammed in me and squished. Now it's gotten much bigger and I can write better."

- Joey, Second Grader

Dr. Lynn Hellerstein's work has been life-changing for hundreds of children I have referred to her over the last 25 years. Non-readers became avid readers; resistant writers embraced writing passionately; children who could not spell became competent spellers; and uncoordinated children became athletes. The key to their success was visualization.

Linda Kreger Silverman, Ph.D.  
Psychologist, Director of the Gifted Development Center

Dr. Hellerstein, provides an insightful and practical look at learning how to learn – a tremendous gift to parents and teachers. I love the activities to develop visualization—useful for reading, writing, math, spelling, sports and building self-confidence. *See It. Say It. Do It!* will inspire and transform you and your child!

Shirley Orsono, M.Ed  
Retired teacher and administrator

## Lynn Fishman Hellerstein OD, FCOVD, FAAO



Dr. Lynn F. Hellerstein is a pioneer in vision therapy for more than 30 years. She is a leader in developmental optometry. Her expertise in vision therapy has inspired thousands of children and adults to improve their vision and enhance their lives. She has successfully treated school-age children with learning, visual perception and visual motor difficulties.

Dr. Hellerstein is the founder of a private optometric practice in Centennial, Colorado (Metro-Denver). She is a frequent lecturer and consultant to educational, rehabilitation and other medical professionals.

A Fellow and Past-President of the College of Optometrists in Vision Development, she is also a Fellow in the American Academy of Optometry. Dr. Hellerstein is an adjunct professor at several colleges of optometry throughout the United States.



Price: \$25

ISBN# 978-0-9841779-0-5

Education • Vision Therapy • Parenting

7 x 9, Trade Paper with Flaps, 264 pages

March 2010

Available at  
**Baker & Taylor**  
and **Quality-Books**

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