**Introduction:**

Dr. Lynn Hellerstein, vision authority and author of the Award-winning book series:

***See It. Say It. Do It!*  
*The Parent’s & Teacher’s Action Guide to Creating Successful Students & Confident Kids***

*Do you know any kids who struggle in school, with reading or writing?*

*Or how about kids who have difficulty with sports or coordination?*

*Or maybe poor attention or confidence?*

Dr. Hellerstein can help your child learn easier and more effectively.

How? Through cutting-edge *brain-based visual* strategies that have been developed and used in her vision therapy practice for more than 30 years. End result… your child will improve school work, increase sports performance and confidence!

**Questions from hosts:**

1. Don’t be fooled! 20/20 is NOT perfect vision. How can a child have 20/20 eyesight and still have vision problems? Isn’t that perfect vision?
2. What are the signs of vision problems that parents can look for in their children?
3. Why do schools and doctors often miss these problems?
4. You mentioned “*brain-based”* vision strategies.What are these “*brain-based”* vision strategies?
5. Who can benefit from *“brain-based”* visual strategies? Kids & adults?
6. 3 Tips for parents to help their kids be more successful & confident
7. How did you get into this field?
8. What is your ultimate mission in your work?
9. Why did you write your book?
10. How do parents find an eye doctor for their children?
11. How do I get more information? – [www.LynnHellerstein.com](http://www.LynnHellerstein.com)

**Closing:**

There is no substitute for professional a vision evaluation. But that is what’s so special about *See It. Say It. Do It!* It gives parents the opportunity to guide their kids and have fun with learning. And of course, if your child has a vision problem, you get him into an eye doctor. But you will be better informed to ask your optometrist, ophthalmologist or pediatrician the appropriate questions.

Visualize you and your child having FUN with learning.

**About the books:**

*See It. Say It. Do It!* is an easy to read, delightfully illustrated book that shows parents, and educators how visualization improves children’s lives. It provides easy, practical, step-by-step activities to enhance children’s visualization skills. It teaches them how to create pictures in their minds, declare their goals and take action to make their dreams come true.

HiClear Publishing, LLC ~ 7 x 9, Trade Paper with Flaps ~ February 2010, 2nd printing 2012

264 pages including more than 50 illustrations and tables, 28 activities, 33 Dr. H’s Insights (tips), and 20 endorsements

*Organize It!* the accompanying workbook, is full of organizational charts, calendars and motivational activities. It helps you organize your child’s daily routines including chores, homework and other activities. This eliminates those frustrations and arguing over doing and completing the tasks!

HiClear Publishing, LLC 2011

**About Dr. Hellerstein:**

For more than 30 years, Lynn F. Hellerstein, O.D., FCOVD, FAAO, has been a pioneer in vision therapy. Her expertise and leadership in developmental optometry has inspired thousands to improve their vision and enhance their lives. She has successfully treated people with learning, visual perception and visual motor difficulties. She is the author of the award-winning book, *See It. Say It. Do It! The Parent’s & Teacher’s Action Guide to Creating Successful Students and Confident Kids and See It. Say It. Do It! Organize It!*

Dr. Hellerstein is the founder of Hellerstein & Brenner Vision Center P.C., a private optometric practice in metro Denver. She is a frequent lecturer and consultant to educational groups, sports teams, rehabilitation and other medical professionals.

A Fellow of the College of Optometrists in Vision Development (COVD) and the American Academy of Optometry, Dr. Hellerstein is a past president of COVD. She is an adjunct professor at several colleges of optometry throughout the United States.

Dr. Hellerstein lives in Colorado, and is available for interviews and speaking engagements.

**To arrange an interview call:**Meghan Hayes, 303-850-9499 [Meghan@SeeItSayItDoIt.com](mailto:Meghan@SeeItSayItDoIt.com)