



How to Improve Your Child's Eyesight Naturally: A Thoughtful Parent's Guide

Janet Goodrich Ph.D.

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A practical workbook for parents who want to improve the eyesight of their children--and themselves

- Includes detailed instructions for reversing the most common eyesight problem of blur
- Presents over 90 playful and creative exercises that apply to age groups from infant to adult
- Offers practical information on dealing with doctors and common diagnoses
- Includes tips on how nutrition, environment, and daily habits can improve eyesight

How to Improve Your Child's Eyesight Naturally should be a staple reference book for every household with children and adults who wish to preserve and improve their eyesight. This comprehensive resource teaches parents how to develop personalized programs for their child's specific vision needs, from erasing astigmatism to removing the need for glasses at all.

Filled with practical and imaginative exercises as well as ideas on how to keep these tasks fun for children, this book offers everything parents need to improve a child's vision: detailed instructions for reversing eyesight blur, creative activities appropriate for each age group, tips for adjusting living environments to support healthy vision, easy-to-understand explanations of common diagnoses, and hints for dealing with doctors. The 90 scientifically based vision games, such as "Zoo Train" and "Birds on a Wire," are fun, age-appropriate, and include corresponding songs to reinforce good visual habits.

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