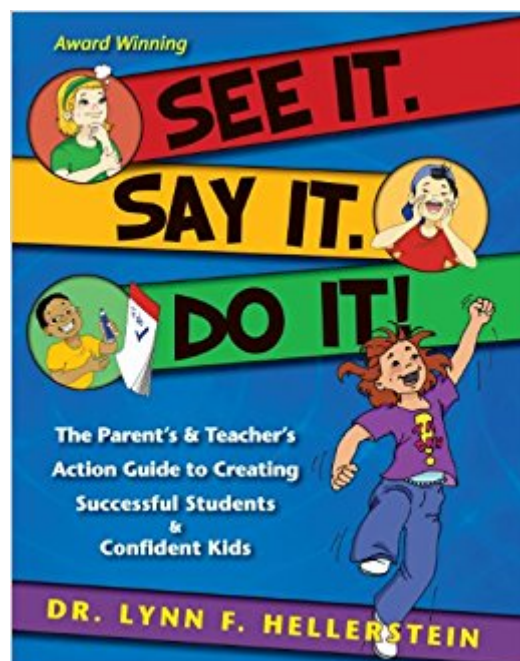




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# See It. Say It. Do It! The Parent's & Teacher's Action Guide To Creating Successful Students & Confident Kids



## Synopsis

Calling all Parents and Teachers ... Welcome to the world of visualization--where children learn to learn better, achieve more and build confidence. What happens when the formal school years hit? Why do so many struggle in school, a place where their curiosity should be encouraged to grow? Too many children are frustrated with the basic academic subjects--reading, writing, spelling and math. Your child may become a master of avoiding tasks, stressed or anxious or have a behavioral problem. No more. With Dr. Hellerstein's pioneering book, *See It. Say It. Do It!*, your child will discover a whole new world. Action will be taken in all areas of his or her life by:

- \* Becoming more confident
- \* Creating strategies to overcome obstacles and barriers
- \* Being successful in school & sports
- \* Developing a joy for learning
- \* Enhancing sports performance

Imagine your child reading and writing for fun! Enjoy learning spelling words and math facts through visualization strategies. Teach your child how to effectively prepare for test and stressful competitions. Give your child a gift for life. *See It. Say It. Do It!*; offers the tools and strategies that will improve and empower performance levels. It will inspire and transform you and your child. Both of you will be celebrating with a huge TA-DAH!

## Book Information

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## Customer Reviews

It's easy to say to do well in school, but actually doing it proves much more difficult. *See it. Say It. Do It.: The Parent's & Teacher's Action Guide to Creating Successful Students & Confident Kids* ; is a guide to helping students really gain a more consistent performance in school when they seem

generally smart, bright students who just seem to shut down during school hours. Anxiety, confidence issues, fear are issues discussed so gifted children can use their gift, be it in academics or sports. See It. Say It. Do It! ; is a fine read well worth considering for parents and teachers who don't want to see potential wasted. --Midwest Book Review - Vol 9

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. This book provides a wealth of clear and precise information describing how to help students master all kinds of learning by employing visualization and imagery skills that likely already possess but don't know how to use. We are thrilled to have it available to recommend to the children and families we work with! Â Drs. Brock and Fernette Eide, Eide Neurolearning Clinic, authors of *The Mislabeled Child* If your child struggles with self esteem and confidence issues, you'll love *See It. Say It. Do It!* Dr. Lynn Hellerstein has created a practical and down to earth guide for helping your children tap their inner emotional and intellectual resources. When kids feel good about themselves they naturally perform better. This book will take you step-by-step through the process of helping your children transform negative thoughts, images and feelings into positive affirming ones that result in successful behavior and feelings of greater confidence. Dr. Hellerstein shows you how to incorporate these strategies naturally into everyday activities. *See It. Say It. Do It!* --an easy-to-read book overflowing with powerful life tools!

Deborah Sandella PhD, RN Psychotherapist, award-winning author of *Releasing the Inner Magician* , and founder of the RIM Institute This is a beautifully written and remarkably useful book! *See It. Say It. Do It!* Dr. Hellerstein's work has been life-changing for hundreds of child 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.Â Linda Kreger Silverman, Ph.D., Psychologist, Director of the Gifted Development Center, author of *Upside Down Brilliance: The Visual-Spatial Learner* Scientists, mathematicians, and artists have long recognized the power of visualization in making new discoveries and creating great works of art. Dr. Lynn Hellerstein clearly explains how visualization can bring out a child's creativity and improve performance in school, in sports and in life. The book is a must-read for parents and educators.Â Susan R. Barry, Ph.D., Professor of Neurobiology, Mount Holyoke College, author of *Fixing My Gaze* Dr. Hellerstein's considerable experience in using visualization to enhance the visual process as an optometric practitioner is the basis of this book. She provides her model of visualization and the means to implement it to foster success in school, athletics and other real life situations. This is done in a clearly written and well organized manner. Her target audience is

parents and teachers. However, the contents of this book should be of significant value to other professionals who seek to improve the quality of life of their patients. These include optometrists, psychologists, physical and occupational therapists. Irwin B. Suchoff, O.D., D.O.S., F.A.A.O., F.C.O.V.D.-A Distinguished Service Professor, Emeritus State University of New York, State College of Optometry Editor, Emeritus Journal of Behavioral Optometry

Dr. Lynn Hellerstein's expertise and leadership in developmental optometry has inspired thousands of people to improve their vision and enhance their lives. She has extensively utilized vision therapy with children and adults with learning related vision problems, vision perception deficits and/or brain injuries, as well as enhancing visual performance for athletes. An internationally renowned speaker for parents, educators, athletes, therapists, athletes, optometrists, and physicians, Dr. Hellerstein maintains a full-scope optometric practice in Centennial, Colorado (Metro-Denver). A Fellow of the College of Optometrists in Vision Development (COVD) and American Academy of Optometry, she is also past president of COVD and an adjunct professor at several colleges of optometry.

Great book, but it's not a vision therapy exercise book which I was hoping it to be. This book is all about using visualization, the mind's eye to picture the perfect moment to help encourage kids achieve their goals. I thought this may be a book about vision therapy since the author is a specialist in the area. In any case, I enjoyed the book.

"See It, Say It, Do It!" now holds a place among my favorite books in both my personal and professional libraries. I highly recommend that parents read it cover to cover, to better understand and support their child's development. Teachers need to be equipped with this knowledge as well. It would help deepen our understanding of the sensory needs of students, which are the underpinnings of everything else they do in school - and foundational to their success. This book is a game changer. Share it with everyone you know.

I have already bought 4 of these books and given them to Teachers and Parents. This book gives such a practical approach to working with children. I love the activities to develop visualization! All parents should read this book, but especially parents of children that are struggling in school. Very practical ideas for building self-confidence. Shirley Osorno, Retired Teacher and Administrator

Great workbook to use with book.

Wonderful little book-great visualizations for kids...

This book had some great suggestions and is very helpful for parents working with children with self esteem and vision problems

See It. Say It. Do It! The Parent's & Teacher's Actions Guide to Creating Successful Students & Confident Kids by Lynn F. Hellerstein HiClear Publishing, Centennial, Colorado 2010 ISBN 978-0-9841779-0-5 240 pages Reviewed by Janice M. McMahon, OD Illinois College of Optometry Chicago, Illinois Dr. Lynn Hellerstein sets an admirable and lofty goal in the introductory pages of her See It. Say It. Do It! action guide: "My mission is to make a difference in this world, empowering individuals by teaching them to explore their internal and external vision." And her attempts to do exactly that are bound together and offered in a text that should get some serious notice from parents and educators. The scope of this book lies in exploring the techniques of using visualization as a tool to enhance a child's social and academic performance. It illustrates one model of visualization by defining three steps toward achievement of a goal. Step 1: Visualize (see it), Step 2: Declare (say it), and Step 3: Take action (do it). The author emphasizes that in guiding a child through this process on multiple occasions and in a variety of situations, the child will eventually be able to set positive goals independently and work toward achieving them. Dr. Hellerstein has incorporated visualization techniques into her office and at-home treatment modalities, and uses them in conjunction with vision therapy and other practices of developmental optometry. She advocates addressing the child as a whole and building their visualization potential just as one would their physical and academic potential. Her text may be used as a guide to the concept of introducing children to visualization. This book is divided into four general topic areas - visualization and vision development, defining the See It. Say It. Do It! model, school readiness, and personal growth. Chapters within each topic area are filled with background, explanation, anecdotes, and many activities that allow the reader to experience Dr. Hellerstein's techniques as well as teach them to others. Visualization activities are given for school performance (spelling, writing, math, test-taking), homework, sports, music, and personal growth. Reading this book, I was made more aware of the somewhat unconscious visualization techniques that I already use on a daily basis. The author's insights into systematically setting and achieving goals can certainly be transferred into adult life. The book, however, is absolutely geared toward children and the examples and activities are appropriate for preschool on up. Being the parent of a kindergartener, I

explored many of these activities with my child. I was gratified to discover that he does see pictures in his head when he reads or is read to (an early visualization skill and hopefully a sign of someone who will love the written word), and can certainly appreciate how visualization will open up more creative thinking and prepare him to tackle hurdles in school and in life. Many of the activities involve telling stories and using a child's imagination; some activities utilize math and spatial relationships, some include physical activity, and some are written. The concepts and benefits are clearly outlined and the occasional list, chart, or illustration further enhances the material. Constant conceptual reinforcement and timely cultural examples are used in each chapter. They serve as a teaching tool and make the tone of the book pleasurable and non-preachy. It is an easy book to read, and the stories and comments from patients who have completed therapy are positive and encouraging. Dr. Hellerstein's conviction and enthusiasm for her subject matter are evident from the introduction of this book straight through to its conclusion. She has created a model in which children (and adults) are encouraged to take concrete steps toward visualizing and achieving their goals. I'm sure the author has already visualized the positive impact this will have on parents and teachers, and can attest that I, as both, have found it to be a useful resource and guide.

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Dominick M. Maino, OD, MEd, FAAO, FCOVD-A, [Editordmaino@covd.org](mailto:Editordmaino@covd.org)

As a Developmental Optometrist, I recommend this book to parents, teachers, and anyone who wants to improve their ability & increase their abilities to better visualize, enjoy reading, work, sports and life. I often hear the frustration of students, parents and teachers as they struggle together to make learning happen. *See It, Say It, Do It!*, is a great tool to help children and adults learn to use visualization. It can help to turn struggling readers into great readers, by helping to form distinct and striking mental images and increasing more details of the latest novel being read, by helping to create a "mental movie." This is an easy to read book describing how vision affects so much of what we do. Increasing the visual skills and abilities used to "visualize," can improve the lives of all of us, especially people with brain injury, ADHD, autism, movement, balance, and developmental delays. This book gives proven methods of improving those skills in vision therapy. A wonderful

resource for educators, parents and professionals alike and a great addition to your library. Dr. Stan Appelbaum Bethesda and Annapolis, Maryland author of "Eye Power: A Cutting Edge & Updated Report on Vision Therapy"

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When Your Parent Moves In: Every Adult Child's Guide to Living with an Aging Parent

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