

VISION TIPS FOR YOUR KIDS



One in four school-age children have vision problems that can affect learning, personality and school adjustment.

How to spot eye problems in children:

- Constant eye rubbing
- Extreme light sensitivity
- Poor focusing
- Poor visual tracking (following an object)
- Abnormal alignment or movement of the eyes (after 6 months of age)
- Chronic redness or tearing of the eyes
- A white pupil instead of black

Nearly 80% of learning occurs through sight.



Other signs in school-age children:

- Trouble reading the blackboard
- Squinting
- Difficulty reading—confusing similar words and persistent word reversal
- Sitting too close to the TV
- Behavioral problems—avoiding reading, inattentiveness, short attention span, fatigue and acting out

Common eye problems:

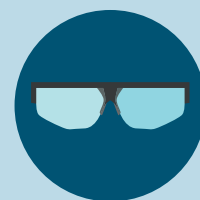
- Amblyopia: Lazy eye.
- Strabismus: A misalignment of the eyes causing one or both to turn in, out, up or down.
- Refractive errors: Nearsightedness, farsightedness or astigmatism.



Schedule annual vision care exams.



Use sunglasses to prevent eye damage from UV light.



Purchase protective eye goggles and shields to avoid sports injuries.



Limit screen time to avoid digital eye strain.



Buy age-appropriate eyeglasses (plastic frames, shatterproof lenses, etc.). Ask your eye specialist for recommendations.

