

Children's Eye Health and Safety



Back-to-School Vision Tips

With school just around the corner, be sure to make your child's annual eye exam a priority. Good vision is one of the most important factors in learning and development. Nearly 80% of a child's learning is acquired through his or her visual system, making it the cornerstone for a successful school year.

Stay proactive

Studies show that one in four children has a vision problem. Stay proactive in your child's development, and remember that one of the most important tools for success in school is healthy eyesight!

Your child's first eye exam

A child should have their first eye exam when they are three years old. Take notice if your child is squinting and blinking frequently, as it could be a signal that something is wrong. Even a small deviation in prescription can cause headaches and eye fatigue.

20/20/20 rule

Doctors recommend that children take frequent breaks while using electronic devices. Set a timer, and have the child stop looking at the screen every 20 minutes and focus on an object 20 feet away for 20 seconds.

Pick the right lenses

If your child wears glasses, look into scratch-resistant, anti-reflective coatings and polycarbonate lenses when making a purchase. These lenses will help prevent breakage and unnecessary wear.



Regular eye exams are important

Eye exams aren't just for correcting vision issues. They are also key in the early detection of systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.

Sources: All About Vision, AAO, AOA, Glaucoma.org, NIH.gov

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