



## Vision tips for your kids



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

Nearly 80% of learning occurs through vision.

80%

### 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

### In school-age children, other signs to watch for include :

- 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.

### How to protect your child's eyes:



- Schedule annual eye exams



- Use sunglasses to prevent eye damage from UV light



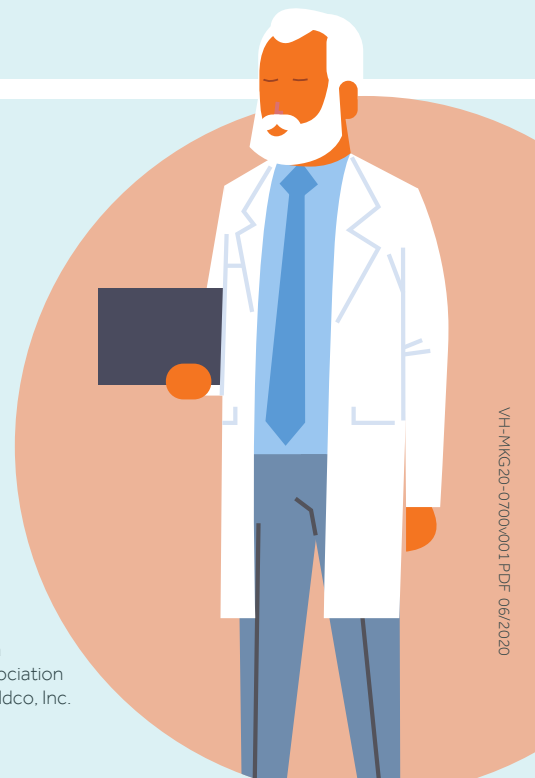
- Purchase protective eye goggles and shields to avoid sports injuries



- Limit screen time to avoid digital eye strain



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



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Sources:  
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