





10 THINGS

Parents Should Know to Keep Their Child's Eyes Healthy for Life

What the World's Leading Experts Say

1. Vision screening should be done at regular intervals throughout childhood.
2. By 4 months of age, babies should have straight eyes.
3. Children should wear a hat and sunglasses (with UVA and UVB protection) when it is sunny.
4. Children should not play with laser pointers.
5. Time spent on screens should be minimized as much as possible, especially in children under age 5.
 - Under the age of 2 = no screen time
 - 2-5 years old = 1-2 hr/day (more unstructured play)
 - Over the age of 5, screen time should be guided and include frequent breaks
6. Early detection of vision problems in children is important to potentially prevent irreversible visual issues that can affect the child for his/her entire life.
7. To help avoid becoming nearsighted (trouble seeing far away), children should play outdoors every day when possible.
8. If an eye is infected, the child should stay out of school until there is no longer discharge.
9. If an eye feels itchy, an allergy may be present.
10. Your eyes, your vision, are a gift. Protect them by wearing safety glasses at play and activities that have an increased incidence of eye injury.

Ensuring children have good vision for life.

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