August

Children’s Eye Health and Safety Month

Back-to-school vision tips

With school just around the corner, your child’s annual eye exam should be a priority. 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 helping your child develop, 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 3 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 your child take frequent breaks while using electronic devices. Set a timer, and instruct them to 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, mention 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
Did you know all of your body’s veins and arteries end in your eye? That’s why your eye exam is key in detecting early chronic and 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

Learn more at versanthealth.com/VisionReferenceLibrary