

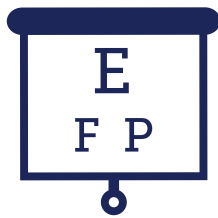


# BACK-TO-SCHOOL

## YOUR CHILD'S VISION IS A KEY TO THEIR SUCCESS

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**,<sup>1</sup> making it the cornerstone for a successful school year.

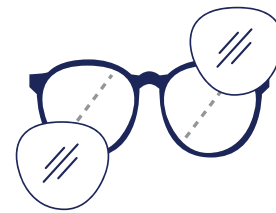
Studies show that **one in four children has a vision problem**?<sup>2</sup> Stay proactive in helping your child develop, and remember that one of the most important tools for success in school is healthy eyesight!



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.



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**.



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**.



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<sup>1/</sup> Children's Vision Coalition, (n.d.). Frequently Asked Questions. Retrieved from <http://www.cvcny.org/index9ce7.html?s=1&b=8>  
<sup>2/</sup> National Commission on Vision & Health, (n.d.). Vision Exams for Children Prior To Entering School. Retrieved from <http://www.visionandhealth.org/documents/FactsheetVisionexams123008MAS26.pdf>.