



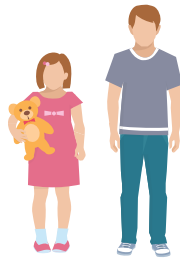
Seeing Smart: Your Child's Vision

Signs your child is struggling include:

- performing below potential
- avoiding close work or disliking reading
- losing his or her place while reading
- omitting or confusing small words when reading
- holding reading material closer than usual
- turning or tilting head to use only one eye
- red, itchy or watery eyes
- frequent headaches
- eye rubbing

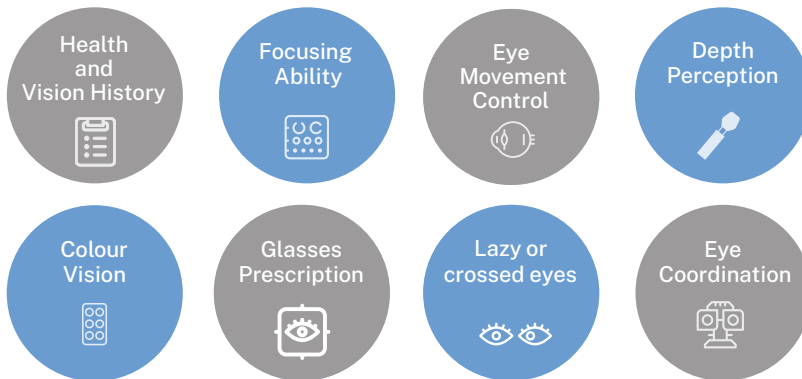
Good vision = a head start on learning. A visit to the optometrist for a comprehensive eye exam is key. Your child should see an optometrist:

- Once between 2-5 years of age



- Annually between the ages of 6 and 18 years

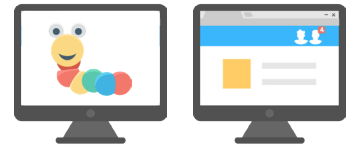
What is the optometrist looking for in a comprehensive eye exam?



Did you know that 61% of Canadian parents mistakenly believe they would know if their child is having vision problems?

Three tips to improve your child's eye health

1 Limit your child's screen time



2-5 yrs – Preschool Children:

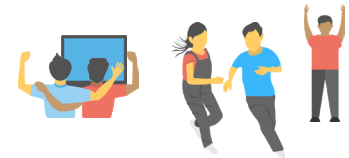
No more than one hour per day.

5-18 yrs – School Age Children:

Ideally, no more than two hours per day of recreational screen time.

2 Encourage breaks from the screen every

30-60 minutes



Breaks should include whole-body physical activity.

3 Spend more time outdoors and less time on screens

Increased prevalence or progression of nearsightedness (myopia) has been linked with children spending fewer hours outdoors.

