



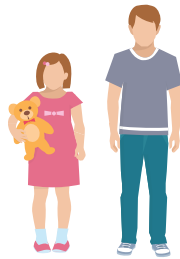
# Seeing Smart: Your Child's Vision

## Classroom learning is largely visual. Signs your child is struggling include:

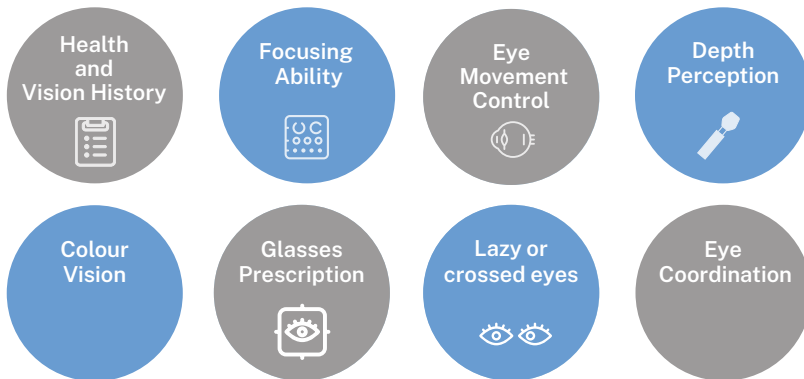
- performing below potential
- avoiding close work or disliking reading
- losing his or her place while reading
- omitting or confusing small words when reading
- holding reading material closer than usual
- turning or tilting head to use only one eye
- red, itchy or watery eyes
- frequent headaches
- 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
- Annually, 6-18 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

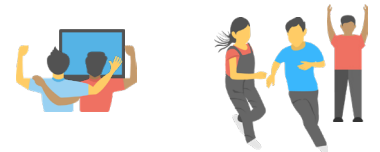
**1.** Limit your child's screen time.



**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.

**2.** Encourage breaks from the screen every 30-60 minutes.



Breaks should include whole-body physical activity.

**3.** Balance screen time with outdoor time

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

