

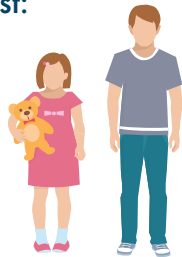
SEEING SMART: YOUR CHILD'S VISION

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

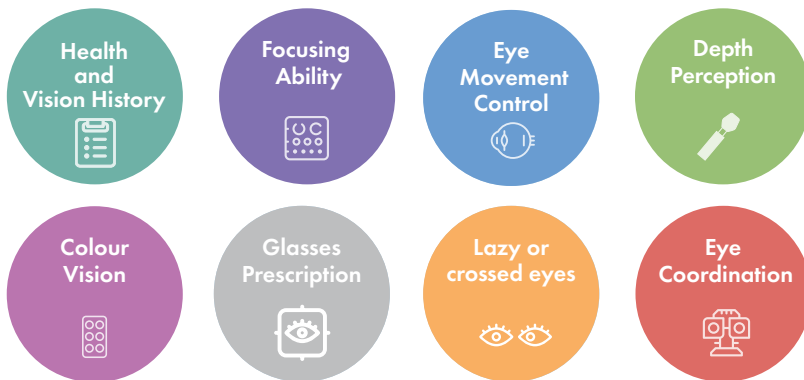
Good vision = a head start on learning. A visit to the optometrist for a **comprehensive eye exam** is key. Your child should see an optometrist:

- Once between 2–5 years



- Annually, 6–18 years

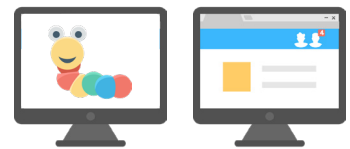
What is the optometrist looking for in a **comprehensive eye exam**?



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.



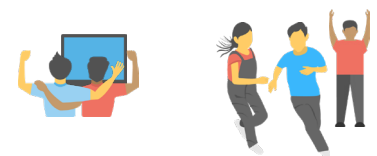
2–5 yrs – Preschool Children:

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.

