

Is your child's vision at risk?

OTTAWA, October 1, 2018 – October is Children's Vision Month and the Canadian Association of Optometrists (CAO) encourages parents to "[GetEyewise](#)" and make sure they take their child to the optometrist for a comprehensive eye exam.

Good vision provides a head start for learning, so it is important for your child's school success to ensure that their eye health is looked after, something that begins with a comprehensive eye exam. During the eye exam, an optometrist will assess eye movement and coordination, focusing ability, and help detect nearsightedness, farsightedness and astigmatism. The exam provides an opportunity to identify and treat issues, before the most common childhood vision issues - amblyopia and strabismus - become more serious.

"The earlier an optometrist can provide treatment for a diagnosis of amblyopia or strabismus, the better the outcome for the child," according to Dr. Michael Dennis, CAO President. The CAO recommends that a child see the optometrist before they enter school and annually thereafter.

If your child has frequent headaches, is squinting or tilting their head while reading or watching television, or doing a lot of eye rubbing, that may be a sign that they are having vision problems.

In addition to booking a visit for your child with an optometrist, parents are encouraged to limit children's screen time, encourage breaks from screen time with physical activity and send the kids out to play. According to a recent study from the Centre for Ocular Research and Education at the University of Waterloo, there is an increased prevalence or progression of nearsightedness linked to children spending fewer hours outdoors. The research found that if children spent just one hour more outside than they currently do, their risk of nearsightedness decreased by 15 per cent.

Set your child up for success and visit your optometrist today!

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About the Canadian Association of Optometrists

The Canadian Association of Optometrists (CAO) is the national voice of optometry, dedicated to collaboratively advancing the highest standard of primary eye care through the promotion of optimal vision and eye health. For more information, go to opto.ca.

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