

August

# Children's Eye Health and Safety Month



## Back-to-school vision tips

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**, making it the cornerstone for a successful school year.

### Stay proactive

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

### Your child's first eye exam

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.

### 20/20/20 rule

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.

### Pick the right lenses

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.



### Regular eye exams are important

Did you know all of your body's veins and arteries end in your eye? That's why your eye exam is key in detecting early chronic and systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.

Sources: All About Vision, AAO, AOA, Glaucoma.org, NIH.gov

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