YOUR CHILD’S VISION IS A KEY TO THEIR SUCCESS

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.

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!

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.

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.

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.