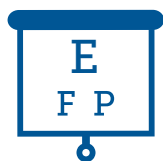


Children's Eye Health

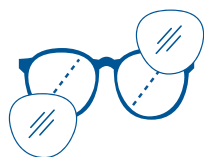
What You Need to Know



When a baby is born, they are only able to focus 8 to 10 inches in front of them. It is only after several months that an infant gains a broader scope of vision which continues to develop throughout childhood. Read books, incorporate arts and crafts, and try activities which improve hand and eye coordination to assist in developing healthy vision for your child.



A child should be taken for their first eye exam when they are 3 years old. An eye exam at this age will determine if their vision is developing correctly and also serves as a checkpoint in getting them ready for school. Routine exams following this initial checkup are extremely important because 80% of a child's learning is visual and they will rarely report vision problems. Take notice if your child is often squinting and blinking as it could be a signal that something is wrong.



If your child is in need of glasses, find something strong and resilient like a metal or plastic frame. Polycarbonate lenses are a great choice for their durability, light weight, and scratch resistance. Also keep your child's comfort in mind. Ask the optometrist or eye care professional about options which include spring hinges, cable temples, and adjustable nose pads. Don't forget, your eyewear comes with a one year breakage replacement warranty - great for families on the go. Ask your vision care provider for more information.

