

CHILDREN'S VISION HEALTH FAQS

Why is vision important in children?

In the early years of a child's life, 80% of what they learn is through the eyes. Their eyes provide them valuable information about the world they live in.

How can I tell if my child has vision problems?

Signs may include squinting, sitting too close to the TV, difficulty reading, eye rubbing, sensitivity to light, or complaining of headaches and eye strain.

If my child passes a screening, do they still need an eye exam?

Yes; a vision screening is the first step to detecting vision issues. It is recommended that children visit an eye care professional for a comprehensive eye exam annually. Annual comprehensive eye exams are crucial for children because they assess not only visual acuity but also eye health, detecting conditions that a basic vision screening might miss.



How can I protect my child's eyes from the sun?

Ensure your child wears sunglasses with 100% UV protection and a hat during outdoor activities. UV exposure can damage the eyes over time, leading to future eye health issues.

At what age should my child have an eye exam?

The American Optometric Association recommends scheduling a baby's first eye exam at 6 months old, again at age 3, before starting school, and annually thereafter if no vision correction is required.

How can I get my child to wear their glasses?

Wearing glasses can be a big adjustment for everyone and may take time. Lead by example and communicate the benefits of clear vision, praising their child's ability to see the world more clearly with their glasses on.

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