



Eye See...Eye Learn

It's never too early to have your child's eyes examined.

Book an appointment with an optometrist today.

The *Eye See...Eye Learn* program raises awareness about the importance of having children's eyes examined early.

Children may struggle in school if they cannot clearly see the teacher, see writing on the white board, have difficulty changing their visual focus from far to near distance, or have problems following words in a book or on a tablet. It is important to us that children have a chance to achieve their full learning potential, beginning with eye health.

Since more than 80% of learning is dependent upon vision, having the best vision possible is very important. Unfortunately, as many as 1 in 4 children have a vision problem that may impair their ability to learn.

Children are risking eye strain by spending more time focusing up close for long periods of time on computers and handheld electronics. Children rarely complain of vision problems, often because they are not aware of them. Optometrists are able to determine if a child can see clearly up close and at a distance and if the child's eyes are working together properly.

There is significantly improved success when treating vision problems if they are found early in a child's life.

Has your child had an eye examination? If not, book an appointment today!

Find an optometrist near you at www.optometrists.sk.ca

Did you know...

Children with different cultural backgrounds may be at greater risk for vision and health problems.

Optometrists have special equipment and training to determine if your child's eyes are healthy and if they are seeing clearly.

Children do not need to know how to read prior to having an eye examination. Eye examinations can often be booked within the week, and eye exams do not hurt.

Saskatchewan Health covers the cost of annual eye exams for all children under the age of 18

If the optometrist diagnoses an eye health problem or recommends vision treatment including glasses, eye patching, or vision training for your child, you should inform your child's teacher.

Please contact your local optometrist to arrange eye examinations for your family. The "Find an optometrist" feature is available online at www.ESElSk.ca, or in the yellow pages of the *DirectWest* phone book.



**Saskatchewan
Association of
Optometrists**

Contact Us

Phone: 306.652.2069

Email: programs@saosk.ca

Fax: 306.652.2642

www.ESElSk.ca

Children & Video Games

To help ease the stress of video games on your child's eyes, consider the following tips:

Make playrooms eye-friendly by reducing glare and offering soft overall lighting.

Encourage periodic breaks from computer and video screens to give eyes a break. Balance video game time with plenty of creative, outdoor, and quiet play. Keep their screen free of fingerprints and dust, as both can reduce vision clarity.

Use the 20-20-20 rule.

Every 20 minutes, encourage your children to take a 20 second break and to focus their eyes on something at least 20 feet away. This will give their eyes a much-needed break and reduce some of the symptoms mentioned earlier.

Remind them to blink.

On average we blink 12 times per minute, but when we're in front of a screen, we only blink 5 times per minute. This leads to dry eyes. Remind your child to blink to relieve dry eye discomfort.

Discourage playing video games in a dark room.

When the room is completely dark, contrast between the screen and surrounding area is too great. This creates uncomfortable and inefficient vision. Softly illuminate the room to keep undesirable contrast at a minimum.

Adapt the screen's brightness and contrast to room lighting.

This will ensure visual compatibility. Excessive bright lighting tends to reduce contrast on the screen and wash out the picture. Consider spectacles treated to decrease or eliminate the amount of blue wavelength (light from the computer) being emitted and absorbed by the eyes.

Encourage your child to sit away from the screen.

Though close-up viewing is generally not harmful with frequent breaks, viewing at a distance allows for a better picture with fewer screen lines. If your child persists in playing video games from a short distance, schedule an eye examination with an optometrist. This may be a sign of nearsightedness (myopia).



Any time your child experiences the following symptoms while playing video games visit your optometrist for a comprehensive eye examination. They may also find a more serious vision problem.

- Headaches
- Eye strain
- Blurred vision
- Eye irritation
- Double vision
- Squinting
- Excessive tearing
- Dry eyes
- Pain in the eyes

How often should I visit the optometrist?

Recommended frequency of examination:

Infants & toddlers (birth to 2 years): Infants and toddlers should undergo their first exam between the ages of 6 and 9 months

Preschool (2 to 5 years): At least one exam between ages 2 and 5 years

School age (6 to 19 years): Annually

Adult (20 to 39 years): Every 2 to 3 years

Adult (40 to 64 years): Every 2 years

Adult (65 years and older): Annually

Or as recommended by your optometrist