

WHAT IS AN EYE EXAM?

At an eye exam, an optometrist will ensure your child has the best vision possible, and will check to see if your child's eyes are healthy. Regular eye exams are important because eye diseases can progress without your child knowing. Children rarely complain of vision problems, often because they are not aware of them.

As many as 1 in 4 children have a vision problem that may impair their ability to learn. Having the best vision possible is very important for a child's learning and development. There is a greater chance of successfully treating vision problems if they are found early in a child's life.

WHO IS COVERED?

Saskatchewan Health covers the cost of one eye exam per year for children until they turn 18 and for SK residents who have been diagnosed with diabetes.



HOW OFTEN SHOULD MY CHILD GET AN EYE EXAM?

Birth to 2 years should undergo their first eye exam between 6 and 9 months of age
2 to 5 years should undergo at least one eye examination between 2 and 5 years of age
6 to 18 years should undergo an eye examination annually

Saskatchewan Health covers the cost of an annual eye exam for all children until they turn 18!



Contact us
www.ESELsk.ca
306.652.2069
1.877.660.3937



Saskatchewan Association of Optometrists

So your child has new glasses...

What now?!



Saskatchewan Association of Optometrists

CHILDREN'S VISION

It is important that your child wear his/her glasses if they have been prescribed. Children may struggle in school if they cannot clearly see the teacher, see the writing on the whiteboard, have difficulty focusing from far to near distance, or have problems following words in a book or on a tablet. It is important that children have a chance to achieve their full learning potential, beginning with the best vision possible.

DIABETES & VISION

A large number of studies have found that people who regularly drink sugar-sweetened beverages have a roughly **25% greater risk of developing type 2 diabetes**.



The risk of blindness is **25 times higher** for someone with diabetes, making it the **leading cause of blindness in Canada**.

All Saskatchewan residents with a **valid Saskatchewan Health Card** who have been diagnosed with diabetes type 1 or 2 are eligible for an insured diabetic **eye exam once every year**.

REGULAR EYE EXAMS CAN HELP DETECT EARLY SIGNS OF DIABETES

HAS YOUR CHILD BEEN PRESCRIBED GLASSES?

Ensure your **child likes the style and colour** of the frames. A child is more likely to wear their glasses every day when they like how they look.

Your child will need a **good quality frame** and one that is backed by a manufacturer's **warranty** because it is common for children's frames to become bent or broken. **High quality lenses** are also important and **less likely** to need replacing.

If your child's glasses break or need repairs, contact the **optometrist or dispensing office** to make arrangements for repair.

Ensure the frames **fit comfortably**. For this reason, the frame sizing and selection needs careful attention by an **experienced optical dispenser**.

Encourage your child to **wear his or her glasses**, and make it a part of their **daily routine**.

Show them how to use **both hands** to remove them and how to **set them down properly** (lens-side up).

Glasses should be **cleaned** periodically with **warm soapy water**.

Make your **child's teacher aware** if your child is to wear their glasses all the time.

At first, your child may **not enjoy wearing the glasses** as he or she may **feel that their vision is not clear or things look a little funny**. With **continued wear** of the glasses, as directed by your optometrist, these **symptoms should resolve**.

HOW MUCH SCREEN TIME SHOULD MY CHILD GET?



Children's use of digital media has increased dramatically, and begins earlier in childhood. High screen time use in children is associated with a risk for obesity, poorer school performance, poorer sleep quality, risky behaviours in older children, as well as delays in critical cognition, learning and social skills in younger children.

0-2 Years | Infants & Toddlers

None, with the possible exception of live video-chatting (e.g. Skype, Facetime) with parental support, due to its potential for social development.



2-5 Years | Preschool Children

No more than **one hour per day** of age-appropriate, educational, and supervised viewing.

5-18 Years | School Age Children

No more than **two hours per day** of recreational screen time. Individual screen time plans should be **based on development and needs**.



Bonus Tip

Encourage outdoor activity over screen time. Increased prevalence or progression of nearsightedness has been linked with children spending fewer hours outdoors.

