



Back-to-school Vision Tips

Share the knowledge!

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**¹, making it the cornerstone for a successful school year.

Studies show that **one in four children has a vision problem**². 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**.

Sources:

1. Frequently Asked Questions. (2015, February). Retrieved from Children's Vision Coalition: <http://www.cvcny.org/index9ce7.html?s=1&b=8>
2. Vision Exams for Children Prior to Entering School. (2011, July). Retrieved from National Commission on Vision and Health: <http://www.visionandhealth.org/documents/FactsheetVisionexams123008MAS26.pdf>

Share the knowledge!

Davis Vision does not provide medical advice, diagnosis or treatment. More information is available at [Site Content & Member Care](#).

By [Davis Vision](#) | 08/7/2017