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Tips for Children's Eye Health & Safety

Get regular vision screenings



Children's eyes change rapidly, making regular vision screenings is an important step in detecting and correcting eye problems early.

Know & share your family eye history



Everyone should find out whether eye conditions or diseases run in their family. Parents should share that information with the person performing the screening when possible. Examples of common eye conditions include nearsightedness, crossed eye, known as strabismus, and lazy eye, known as amblyopia. If these are not treated in childhood, they can cause permanent vision loss in one eye.

Wear protective eyewear when playing sports



Eye injuries while playing sports can cause serious damage, whether by getting smacked with an elbow during basketball or hit with a hockey stick. If your child plays racket sports, hockey, field hockey, baseball or basketball, consider having them wear goggles or other certified protective eyewear.

Watch for signs of eye problems



Be alert to symptoms such as complaints of eyestrain, headaches and squinting when reading or performing other common activities. Other symptoms to look for include a white or grayish-white coloring in the pupil, one eye that turns in or out, or eyes that do not track in sync together.

Adapted from American Academy of Ophthalmology www.aao.org

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