

Children's Eye Health

How do I know if my child has a visual problem? Is too much TV or video games bad for my child's eyes?

Since many vision problems occur at a young age, it is very important that children have their eyes checked on a regular basis. Generally, comprehensive exams by an eye doctor should occur yearly. Many times, vision screenings are done at the pediatrician's office, but these screenings do not check the entire visual system or the complete eye health. Children should have their eyes checked by an eye doctor prior to kindergarten. The earlier vision loss is detected, the earlier treatment can be started. If vision loss goes undetected, amblyopia ("lazy eye") may develop. Vision problems can affect learning and adjustment in school. Occasionally, behavior problems in school may be related to vision troubles.

Amblyopia is a functional vision loss, usually occurring in one eye. Functional vision

loss means that the eye is healthy, but the image is blurred in one eye, so the brain chooses to ignore the blurry eye. Sometimes, this may cause an eye to turn in or turn out. Vision therapy, including patching or eye exercises, along with eyeglasses may be necessary to improve the vision and/or eye turn and prevent permanent vision loss.



Often times, parents ask me if video games or computers can harm a child's vision. These activities, if not done in moderation, may cause the focusing ability of the eye to spasm or fatigue. If

Please see reverse side...

FULL
Spectrum
FAMILY VISION CARE

The site for your sight.

this occurs, headaches and eye pain may occur. While no permanent damage is done, the visual system may become strained. Stress from staring at a screen, which can occur at any age, may cause burning, pressure-like headaches, and tired eyes. Breaks should occur every twenty or thirty minutes for several minutes at a time.

At Full Spectrum Family Vision Care, we believe in protecting children's eyes and eyesight, and that is why we require any minor child needing eyeglasses to be fit with polycarbonate lenses. Polycarbonate is a highly impact-resistant plastic lens that has ultraviolet protection built into it, and as a plus is also naturally thinner and lighter-weight. Should your child be hit in the face while wearing his or her glasses, the lenses will not shatter which will give him or her the best

possible protection.

If you have any questions regarding your child's eyes or vision, we will happily answer your concerns. No question is too silly! Eye examinations are especially important throughout a child's development and we want you to be comfortable in the care that we provide. I recommend annual examinations (or more frequent if necessary) and may suggest pre-appointing your child's visit for next year.



**Thank you for choosing
Full Spectrum Family Vision
Care for your eye care needs!**

Heather L.
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