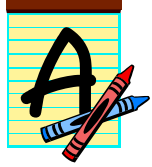
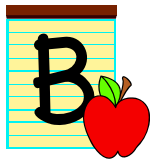


# How do I best care for my child's vision?



## What is **Amblyopia** and how is it identified?

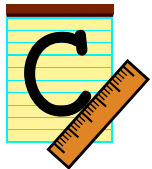
Amblyopia is commonly known as Lazy Eye. A recent study by the American Academy of Pediatrics has shown that, although school-administered vision screenings have some benefit, it is very important for amblyopic children to receive an eye examination by an optometrist. Amblyopia is responsible for more cases of vision loss in people younger than 45 than all eye diseases and injuries combined. Half of all children with amblyopia are diagnosed after age five when therapy is not as effective.



## **Before** what age should my child have an exam?

Vision Center recommends that children have their first exam before age three.

The portion of the brain that receives stimulation from the eyes is rapidly developing until age six or seven. If there is a problem with a child's eyes that is not corrected before that age, there is a strong chance that child may be left with permanent vision loss or legal blindness.

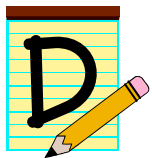


## Does my child need to be able to read an eye **Chart**?

No. An optometrist has special instruments and eye charts to examine an infant's eyes.

### **80% of all Learning is through Vision**

The latest research from the American Optometric Association shows that eighty percent of all learning during a child's first 12 years is obtained through vision. Vision disorders are now the fourth most common disability in the U.S. and the leading cause of handicapping conditions in childhood.



## Can Reading in the **Dark** Damage Your Child's Eyes?

Reading in the dark will **not** damage your child's eyes. Neither will sitting too close to the TV. Both could cause some mild eyestrain, but no damage will occur.

The most important items to remember for good healthy vision are: wearing good quality sunglasses, eating healthy foods rich in anti-oxidants (fruits, green leafy vegetables) and staying away from tobacco.