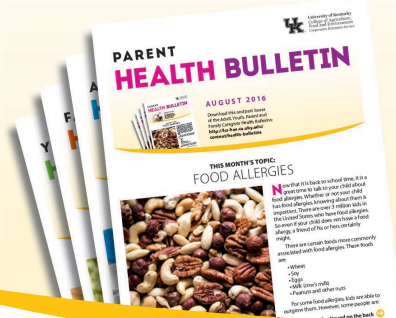


# PARENT HEALTH BULLETIN



**JANUARY 2017**

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC: ALL ABOUT EYES



**T**he eyes may be small when compared to other parts of the body, but they are very important. Eyes help us move about the world that we live in. With just a little glance, your eyes are able to send information to the brain about the objects in front of you. The eyes offer information about the color of an object, its size and shape and if it is moving or staying still.

For kids, having healthy eyes is vital for development. It is important that children's eyes be examined on a regular basis. The good news is that many problems with vision can be found early and treated quickly.

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# By visiting an eye doctor, you are helping make sure that your child's eyes are healthy.

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## Going to the eye doctor

It is important that your child not only go to the medical doctor, but also go to the eye doctor. At the eye doctor, your child will get an eye exam.

Most medical doctors will do a vision check and if a child does not do well he or she will likely be recommended to visit an eye doctor. You might also notice some eye problems.

### If you notice some of these signs, you may want to make an eye appointment for your child:

- Often complains of headaches
- Constantly rubbing the eye or eyes
- Poor tracking of an object as it moves
- Eyes are constantly red
- Eyes are constantly tearing
- Extreme light sensitivity
- Difficulty focusing

### When your child is in school, other signs that there might be a vision issue include:

- Trouble reading the board at the front of the classroom
- Squinting to see something
- Difficulty reading
- Sitting too close to the TV
- Holding any screen device too close to the face



It is important that you take your child to see an eye doctor so that the problem does not affect development or put them behind at school. For many vision problems, there is a way to fix the problem.

### If your child needs glasses, keep these tips in mind:

- Let the child pick out the frames. A child is more likely to wear them if he or she picked them out.
- For children under the age of 2, plastic frames are best. You may also want to get an elastic strap for busy toddlers if they need eyewear.

Eyes are very important for developing and learning. By visiting an eye doctor, you are helping make sure that your child's eyes are healthy.

#### SOURCE:

Nemours KidsHealth <http://kidshealth.org/en/parents/vision.html>

PARENT  
**HEALTH BULLETIN**

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