



Berkeley Vision CURE



Giving sight to see further.



free eye check



free spectacles



Tips for Healthy Vision for Children*



Good vision matters for your child

Vision affects all aspects of a child's life - from schoolwork and sports to feeling self-confident and making friends - therefore, children become increasingly dependent on vision correction to fully participate in school, sports, and other daily activities^{1,2}. And because 80% of what children learn is through their eyes³, looking out for potential symptoms and having your child's vision checked regularly are important parts of keeping them healthy and happy.



Vision disorders in children

The most common vision disorders in children are blurred vision (refractive errors—myopia, hyperopia, and astigmatism), strabismus (misaligned or crossed eyes that can lead to the development of amblyopia), amblyopia (sometimes called “lazy eye” - reduced vision in one eye caused by abnormal visual development early in life), and visual impairment disorders (loss of sight that cannot be corrected using glasses or contact lenses). By finding and treating problems early, healthy vision can develop.

Signs and symptoms of vision problems in children

- Complaints of discomfort and fatigue
- Rubbing their eyes frequently or excessively blinking
- Using their finger to guide them while they read/ losing place while they read
- Sitting too close to the TV or holding books and devices too close to the eyes
- Having headaches and a short attention span
- Avoiding reading and other close activities that requires focused vision
- Squinting to see objects up close or at a distance
- Tilting the head to one side or closing one eye when viewing objects up close
- An eye turning in or out
- Seeing double
- Difficulty remembering what he or she read

If you suspect your child has a vision problem, take him or her to an eye care professional. **Eye examinations performed by eye care practitioners are necessary to diagnose and treat eye disorders. Children who have failed a vision screening should be referred for a comprehensive eye exam. We recommend an annual eye exam starting in kindergarten and each year following.**



How to protect your child's vision

A few simple changes can make a world of difference when it comes to giving your child's eyes a break they deserve:

- Encourage them to take a break from near work.
- Set time limits for using digital devices in their free time. If they're spending two hours a day on a device, try limiting it to an hour and a half to start, inching their way down over the coming days and weeks.
- If possible, send them outdoors. Research suggests that 90 minutes a day spent in the sunshine helps reduce the risk that your child will develop near-sightedness⁴.
- Make mealtime family time. Tell your children to leave their phones in the living room or bedroom. Set the example: Let your phone ring, bark, or buzz in the room.
- Read a bedtime story to your son or daughter. Your child could even read to you by taking turns reading a few pages (with youngsters) or a chapter (with slightly older children).

- Protect their eyes from the sun. Wearing sunglasses will protect your child's eyes from the sun's harmful ultraviolet (UV) rays. When purchasing a new pair of shades for your child, be sure to find lenses that contain 100% UV protection.
- Wear protective eyewear for sports. Safety or protective eyewear for sports and activities is essential for protection against serious eye injuries.

Children are our tomorrow, and it is our responsibility today to defend their right to good vision, to invest in their futures and the futures of healthy societies.

***Nothing in this brochure is to be construed as medical advice, nor is it intended to replace the recommendations of a medical professional. For specific questions, please see the eye care practitioner.**



1. Lamoureux E L et al. Myopia and Quality of Life: The Singapore Malay Eye Study (SiMES). Invest. Ophthalmol Vis Sci. 2008; 49(13): 4469.
2. Chua S Y L and Foster P J. The Economic and Societal Impact of Myopia and High Myopia. Ang M and Wong T. (eds) Updates on Myopia. Springer. 2020; 53-63.
3. Vision to Learn. (2022). UCLA Study: Impact Analysis of Vision to Learn. Retrieved from Vision to Learn: <https://visiontolearn.org/impact/ucla-study-impact-analysis-of-vision-to-learn/>
4. Report of the Joint World Health Organisation - Brien Holden Vision Institute Global Scientific Meeting on Myopia, THE IMACT OF MYOPIA AND HIGH MYOPIA, University of New South Wales, Sydney, Australia 16-18 March 2015.