

BC DOCTORS OF OPTOMETRY

HOW WELL CAN YOU SEE?

CHILDREN'S VISION & EYE HEALTH

BC DOCTORS OF OPTOMETRY



THE LINK BETWEEN VISION AND LEARNING

Myth or Fact

MYTH OR FACT?

Too much blinking is a sign of an eye problem.

FACT

Blinking is a common sign of eye problems in children and may be caused by blurred vision, eye strain, allergies, infection, or light sensitivity.

An eye examination can often find the reason for the blinking so it can be treated.

MYTH OR FACT?

Jordan is two years old. He is too young for an eye examination - he cannot identify letters yet.

MYTH

Vision tests using symbols or pictures are designed for children as young as six months of age. Other tests for eye coordination, the ability to focus, and eye health can be done at any age.

MYTH OR FACT?

Lily will tell her parents if she can't see well.

MYTH

Young children usually don't know that they see differently than other children – they think that everyone sees what they do.



THE LINK BETWEEN VISION AND LEARNING

Effects of Poor Vision on Reading and Writing

EFFECTS OF POOR VISION ON READING AND WRITING

Name _____ Date Dec-11/12

5. Reading

I walked up the street, looking about, until near the market house I met a boy with bread. I had made many a meal on bread, and asked him where he got it. I then went to the baker's and asked for biscuit such as we had in Boston. I asked for a three penny loaf and was told that they had none such.

6. Copying - Wold Sentence Copy Test

Four men and a jolly boy came out of the black and pink house quickly to see the bright violet sun, but the sun was hidden behind a cloud.

Four men and a jolly boy came out of the black and pink house quickly to see the bright violet sun, but the sun was hidden behind a cloud.

7. Dictation

Before Treatment

Name _____ Date 3/26/13

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four men and a jolly boy came out of the black and pink house quickly to see the bright violet sun but was hidden behind a cloud.

7. Dictation

After Treatment
(3.5 months later)





IMPORTANCE OF COMPREHENSIVE EYE EXAMS

Vision Screening vs. Comprehensive Eye Exam

VISION SCREENING VS. COMPREHENSIVE EYE EXAM

A child that sees like this can pass a vision screening.



A child that sees like this can pass a vision screening.

A child that sees like this can pass a vision screening.



A child that sees like this can pass a vision screening.

Maybe there's a reason why your child can't sit still for 20 minutes to do schoolwork.

A vision screening is not an eye exam!



VISION SCREENING VS. COMPREHENSIVE EYE EXAM

A vision screening is not a substitute for an eye exam and does not replace going to an eye doctor!

Vision screenings do not test for:

- X Eye health issues
- X Eye coordination
- X Ability to change focus from distance to near



HOW OFTEN SHOULD CHILDREN HAVE AN EYE EXAM?



Babies:
first visit between
6-12 months old



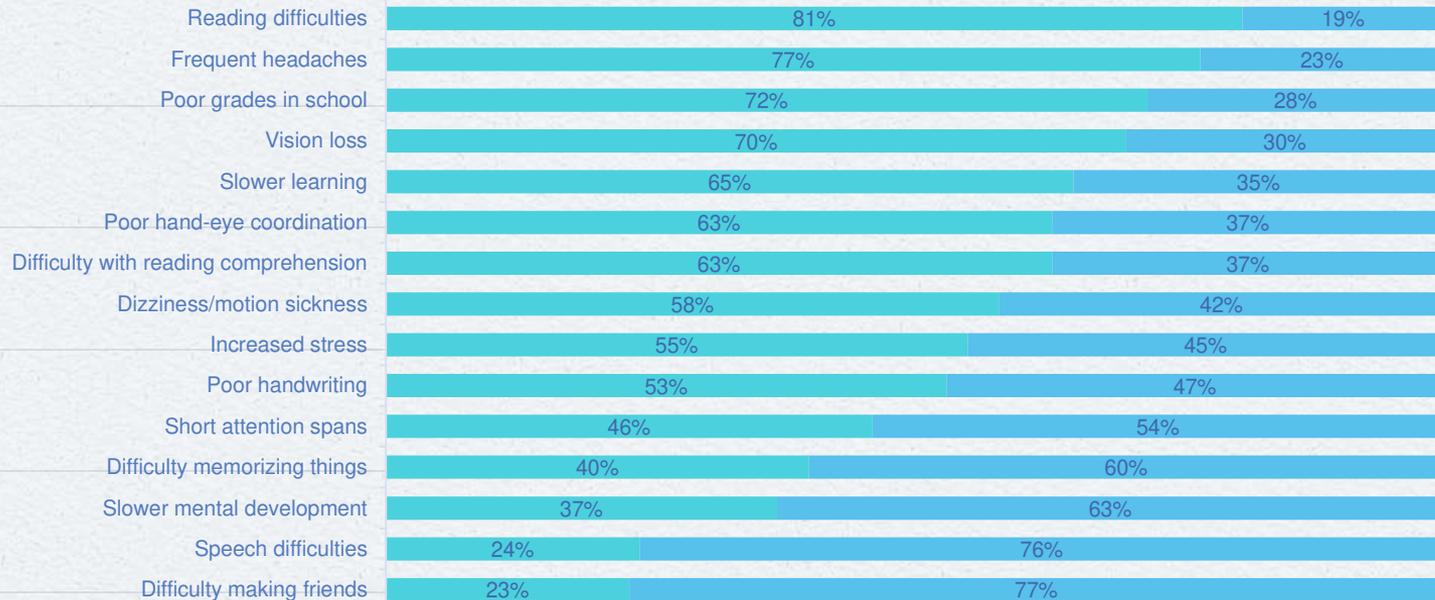
2-5 years:
Annually for
children ages 2
and up



6-18 years:
Annually

FACTS ABOUT EYE EXAMS

Parent's Awareness of Symptoms of Poor Vision Health Among Children

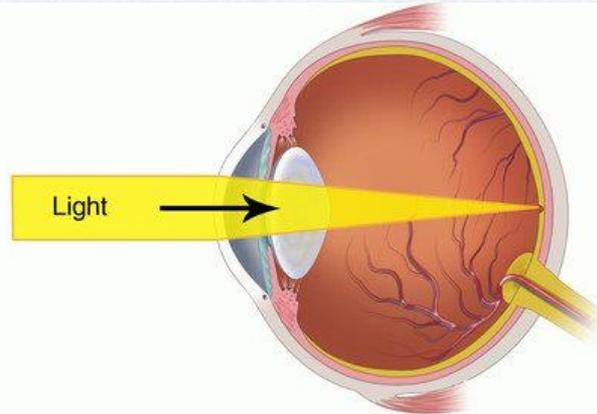


■ Aware ■ Not Aware

NEARSIGHTEDNESS (MYOPIA)

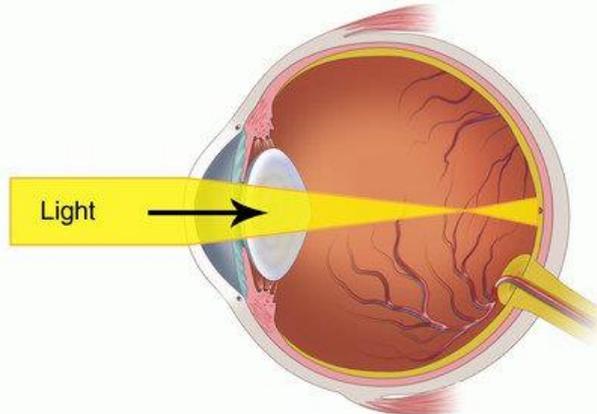
Normal Eye

The eye is the correct shape. The light rays focus on the retina.

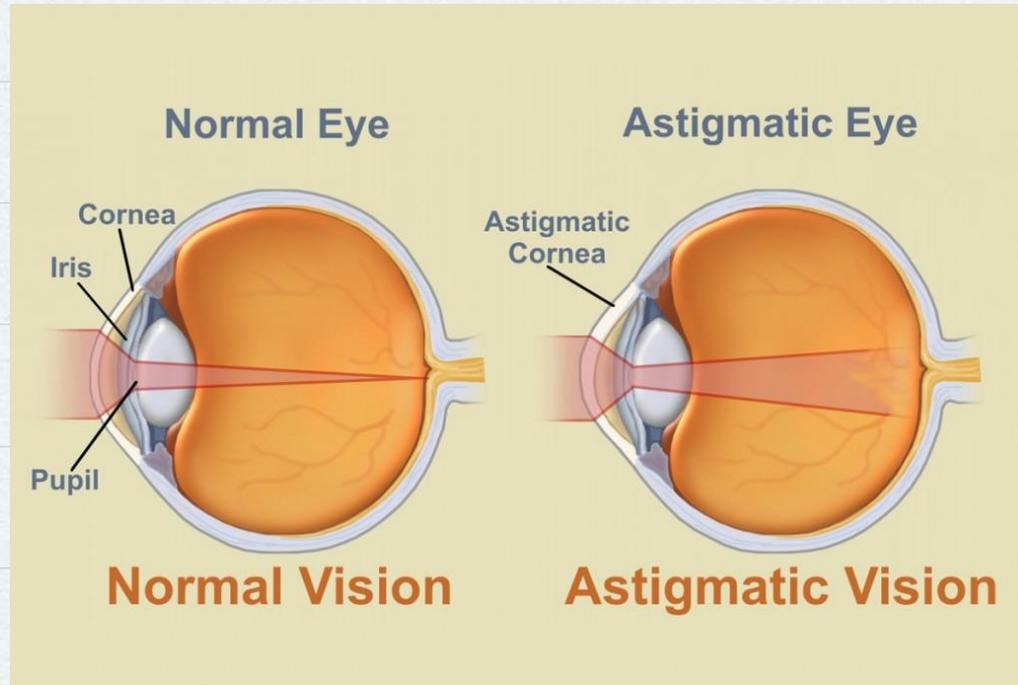


Nearsighted Eye

The eye is too long. The light rays focus in front of the retina. (Blurry at a distance)



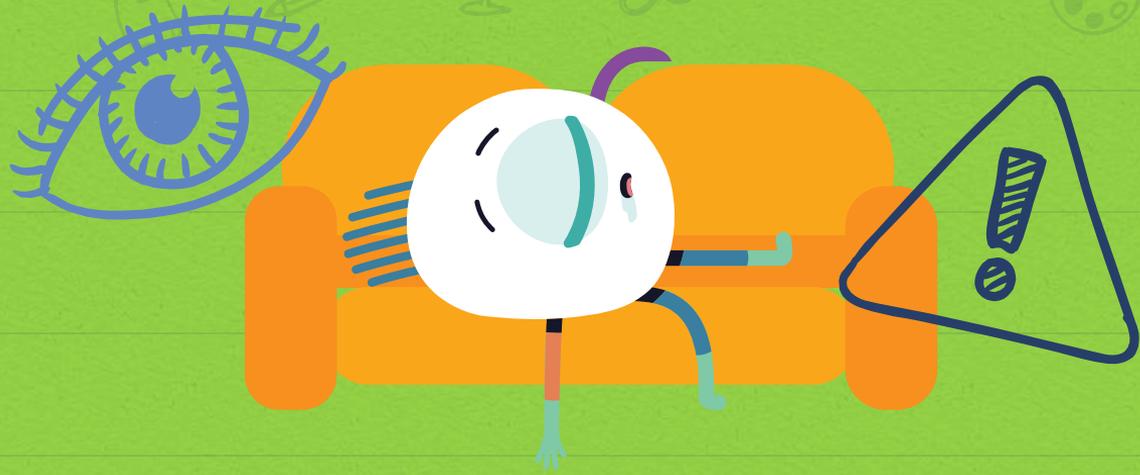
ASTIGMATISM



PROTECTING YOUR EYES FROM THE SUN

- Protecting your eyes from UV radiation is just as important as putting sunscreen on to protect your skin!
- Children receive 3x of the UV exposure than the average adult
- The World Health Organization estimates that up to 80% of a person's lifetime exposure to damaging UV radiation occurs before age 18
- Exposure to UV is cumulative





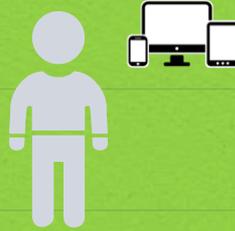
SCREEN TIME!

Tips for Using Screens



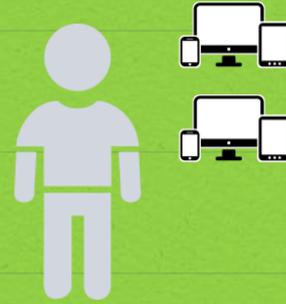
0-2 years

None



2-5 years

No more than
1 hour/day



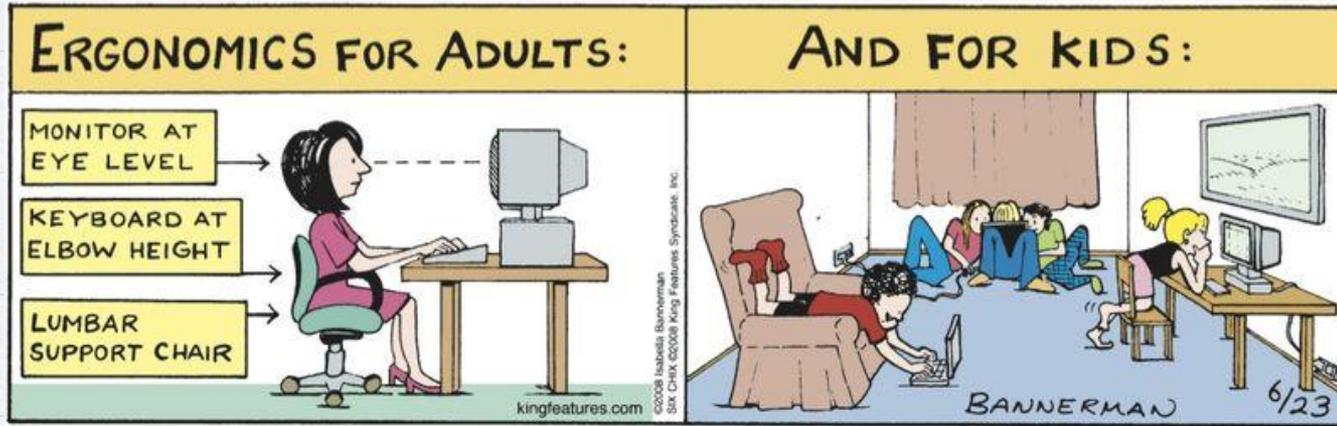
5-18 years

Ideally no more
than 2 hours/day

RECOMMENDED SCREEN TIME

TIPS FOR USING SCREENS

- Harmon distance: ensure screens are a forearm's length away



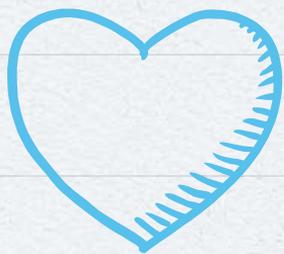


WHAT IS EYELEARN?

FOR MORE INFORMATION ON EYELEARN, PLEASE VISIT ...



Introducing EyeLearn



THANKS!

Any questions?

