Checklist for Parents

Signs of vision changes in kids

- Reading too close
- Squinting
- Complaints of blurred vision
- Turn head to side to look at something
- Reverses letters and words
- Closes or covers one eye
- Short attention span
- Poor reading comprehension
- Headaches when reading
- Turn head to side to look at something
- Poor recall of visual presented material
- Avoids reading, drawing or playing games that require close up focus

1 in 4 kids have learning problems
80% are vision related

Simple ways to protect young eyes

- Don't run with sharp objects (okay, you knew that one)
- Don't look at the sun, even during a solar eclipse
- Use computer glasses to protect against harmful blue light
- Avoid reading too closely - both print and electronic items
- The 20-20-20 Rule - look at something 20 feet away every 20 minutes for 20 seconds
- Go outside. Time spent outside can offset eye strain and reduce risk of nearsightedness
- Use protective eyewear in high-risk sports like baseball, basketball and lacrosse.
- Wash hands frequently and avoid rubbing eyes. Pink eye spreads quickly.

Undiagnosed vision problems can often be mistaken as ADD or ADHD

Need to schedule an eye exam?
Call or Text: 405.341.2062
Online: PrecisionVisionEdmond.com

Notes: