

## Childrens' Eye Care...

### Why is it so important?

Vision problems for many begin at an early age, that is why it is so important for children to receive professional eye care and not just visual screening in schools.

Early detection and treatment are essential in preventing conditions that could potentially cause problems or permanent vision loss. We see children as young as six months for eye examinations and recommend that children see a professional optician every twelve months. Having a yearly sight examination helps detect any eye conditions and early treatment can be prescribed.

Parents play an integral role in maintaining the health of their child's eyes by ensuring the child has a controlled diet and a good exercise routine. Long periods of computer usage can strain eyes so it is important to advise children to take regular breaks when surfing the web or playing computer games.

Symptoms of using the computer for long periods can include; headaches, loss of focus, burning and tired eyes, double or blurred vision