

# **Pointers** **For Parents** **Healthy Eye Habits**

(NAPSA)—Eighty percent of what children learn, they learn with their eyes. So keeping kids' eyes healthy is essential. However, vision problems affect one in 20 preschoolers and one in four school-aged children.



**Healthy eye habits should be learned at a young age.**

---

Parents should help teach kids healthy habits early to help prevent serious problems in adulthood. These include:

- **Regular eye exams**—Doctors recommend eye exams at 6 months, at age 3, and then yearly.

- **Watch for warning signs**—Sitting too close to the TV or holding a book close; losing place while reading or using a finger to follow along; and squinting, head tilting or eye rubbing.

- **Remember “sunblock” for the eyes**—As the effects of UV damage are cumulative, children should wear eyeglasses that provide 100 percent UV protection. One option is Transitions® Lenses. These everyday lenses are as clear as regular lenses indoors and get as dark as sunglasses outdoors. They provide “all-the-time” UV protection and built-in scratch resistance.

- **Play it safe**—Accidents can happen while playing. Ask your eyecare professional about the best eye protection. Children's eyewear should be shatterproof.

- **Avoid eyestrain at the computer**—Make sure children sit 24 to 48 inches away from the monitor, in a chair that's adjusted for their height.

- **Eat well**—A well-balanced diet is important for children's eyes and their overall development.

Educate your child on the importance of eye health and lead by example. Your whole family will see the benefits.

To learn more, visit the Web site at [www.transitions.com](http://www.transitions.com).