

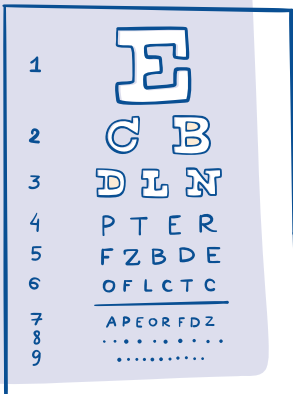
# #LoveYourEyes

# #LoveYourChildrensEyes

**Good eye care plays a critical role in a child's development, learning attainment and social interactions.**

It is important to detect and address any vision problems in children as early as possible – this can help prevent long term visual impairment and enables every child to learn and develop to the best of their potential.

**We all have a responsibility to make sure children's eyesight is given priority and that they are provided with the eye care services they need.**



**All children should have regular eye examinations –**

ideally before they start school, and then as recommended by an eye care practitioner.

**Children should be encouraged to have a balance of activities.**

Screen time should be limited to avoid digital eye strain and children should be encouraged time to play outdoors.



**A child often won't know they have vision problems, so look out for symptoms**

such as squinting, frequently rubbing their eyes, headaches, difficulty or unwillingness to read.

**Make sure children have and wear spectacles or contact lenses if they are prescribed them.**

**If you have a family history of needing eyewear or having eye problems, or if you have any concerns, get your child's eyes tested.**

**Teach children the importance of good hygiene to help look after their eyes,**

for example not to touch their eyes with dirty hands, the importance of washing hands regularly.

✓ **With the support of parents, guardians and teachers we can inspire millions of young people everywhere to take care of their eyes.**