

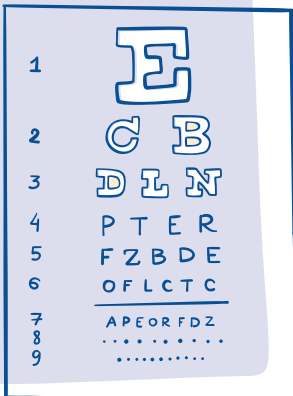
#LoveYourEyes

#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.**