



Is Your Child Seeing His or Her Best?

Does your child hold reading materials close to his or her face?

Does your adolescent squint when looking at far-away objects?

Does your child often complain about headaches while doing homework?

Does your adolescent tilt his or her head to use one eye to see?

These may be signs that your child needs an eye exam.

Vision problems can keep children and adolescents from doing their best in school, sports, and social activities. Most vision problems can be corrected with early detection and treatment.

Nearsightedness, farsightedness, and astigmatism are the most common problems for children. Lazy eye and misaligned eyes (crossed eyes or eyes wandering in different directions) are vision problems that must be treated early to prevent long-term problems.

Left untreated, vision problems can become more difficult to correct and can lead to lifelong problems, such as being unable to travel alone, not seeing well enough to do everyday tasks, and being unable to maintain employment.

Eye injuries from toys; sports; household, yard, and garden chores; home and auto repairs; and fireworks also can put your child's vision at risk. Nearly all of these injuries could be prevented with precaution or appropriate protective eyewear.

Make vision a health priority. Check with your family physician or eye care professional about eye health and eye safety for your child.

For more information about visual impairment in children and adolescents, visit the Healthy Vision 2010 Website at www.healthyvision2010.org, sponsored by the National Eye Institute (NEI) and the Healthy Vision Consortium.

The NEI conducts and supports research that leads to sight-saving treatment and plays a key role in reducing visual impairment and blindness. The NEI is part of the National Institutes of Health (NIH), an agency of the U.S. Department of Health and Human Services.