



Parents' Homework:

Add A Vision Exam To Your Youngsters' Schooling

(NAPSA)—Keeping your eye on your children's vision may help them do better in school.

Undiagnosed vision problems are one of the major causes of learning difficulties in school age children, because in their first 12 years visual learning accounts for 80 percent of the learning process.

While many schools and parent-teacher groups offer preventive vision screening programs, these should not replace a comprehensive exam by an eye care professional.

The typical vision eye chart used for preventive vision screenings in schools is designed to be placed at 20 feet away from the child. These screenings measure how well or poorly a child sees with each eye at that distance. According to Dr. Madeline Romeu, OD, FAAO, some of the problems that are not detected by this test include near vision, eye coordination and focusing ability.

Signs of possible vision problems in school-aged children include:

- Holds reading material closer than normal; loses place while reading; omits or confuses small words while reading
- Often has headaches, tends to rub eyes frequently
- Turns or tilts the head to use one eye only
- Has short attention span
- Has poor handwriting.

As parents help their children prepare for school, it's important their check list include a comprehensive eye exam. It's also important for parents to protect children's eyes from the sun's harmful ultraviolet rays and glare. Parents



One in four school-age children has an undiagnosed vision problem that can interfere with learning.

generally take precautions to protect their children's skin from the sun with sunscreen; equally important is the use of proper lenses to safely block UV radiation from damaging children's eyes.

"Protecting yourself from UV rays is easy using photochromic lenses such as those made by Transitions, which change from light to dark when ultraviolet light is present. Photochromic lenses have an eye health advantage by providing 100 percent protection from harmful UV rays and glare. And they do it automatically, which eliminates the need for kids to keep track of two pairs of glasses—regular glasses and sunglasses," added Dr. Romeu. Transitions® Lenses are the number one recommended photochromic lenses worldwide.

For more tips about healthy vision, as well as interactive games and learning tools for kids, visit www.eyedidntknowthat.info.