

Pointers For Parents

Can Computers Damage Kids' Eyes?

(NAPSA)—According to a recent Roper Starch Survey, the average American child spends one to three hours per day on the computer—doing homework, talking online with friends and playing games—often starting at age 2 or 3. However, heavy computer use among children can put them at risk for early nearsightedness.



If your children use computers, you should have their eyes checked regularly.

According to a new study by Dr. Pia Hoenig, a pediatric eye specialist at the Berkley School of Optometry, as many as 30 percent of the 37 million children in the U.S. who use computers at home or in school are causing undue stress on their visual system, and may need computer eyewear.

The study does not suggest that children should avoid using computers. Rather, it serves to make parents aware of the possibility of potential problems and the fact the best source for help is your eyecare professional.

If your child spends time in front of the computer, make sure they receive regular comprehensive eye exams by an eye doctor. For more information on protecting your family's vision, visit www.checkyearly.com, or call 1-800-424-8422 ext. 45, and ask for item CYA.