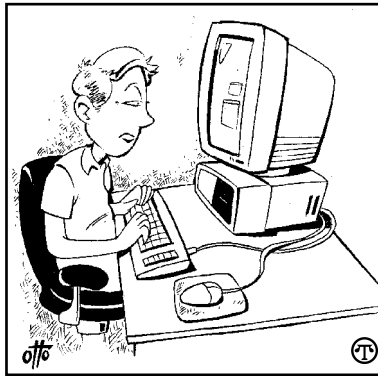# Pointers For Parents

Eye Care For The Computer Generation

(NAPS)—A number of parents and doctors have opened their eyes to a problem affecting children across the country: Computer Vision Syndrome (CVS).

Computer Vision Syndrome is a common condition in children who use computers frequently.

CVS is a condition that can result from excessive exposure to a computer monitor. Symptoms include headaches, blurry vision, or continually sore, tired or itchy eyes.

Because children are especially prone to suffer from CVS, Vision Council of America recommends parents take steps to help prevent the condition:

• Make sure children have yearly eye exams and that the doctor checks for CVS-related problems. If children wear glasses, inquire about eyewear designed specifically for computer work.

• Advise children to blink frequently to keep their eyes moist and help avert eye strain.

• Have children sit at least a foot and a half away from the computer screen and adjust the monitor so that it is comfortable for their eyes.

• Make sure children use the computer in a well-lit room.

• Encourage kids to take vision breaks every fifteen minutes. Have them focus into the distance or close their eyes every few seconds.

• Consider what children eat. Natural oils found in fish and potassium rich foods can prevent eyes from becoming irritated.

For more information visit the Better Vision Institute Web site at www.visionsite.org.