

Pointers **For Parents**

Keeping an Eye on Children's Vision

(NAPSA)—Experts report there is a well-documented connection between a child's ability to see and his or her ability to learn and perform well in school.

Parents should understand the basics of children's vision health so they can detect any problems early and address them by seeing an eye doctor.



Tilting the head to one side can be a sign that a child has a vision problem.

Warning signs include:

- Squinting or closing or covering one eye
- Holding a book close
- Losing his or her place while reading
- Headache, nausea or dizziness
- Excessive clumsiness
- Tilting head to one side
- Frequent daydreaming
- Using a finger as a place-mark while reading
- Performing below potential
- Rubbing eyes repeatedly.

“I urge every parent to take his or her child to the eye doctor for regular eye exams,” said Andrea Thau, O.D., spokesperson for the American Optometric Association. “There’s nothing worse than examining a child who’s facing permanent vision loss, and telling the parents that we could have prevented this vision loss if we had seen the child sooner.”

For more information on children's vision health, visit www.checkyearly.com.