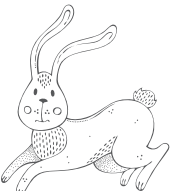
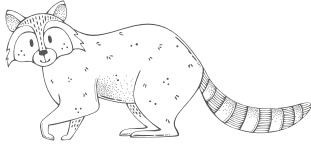
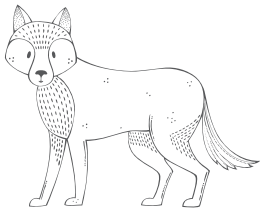
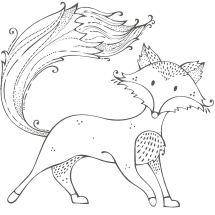
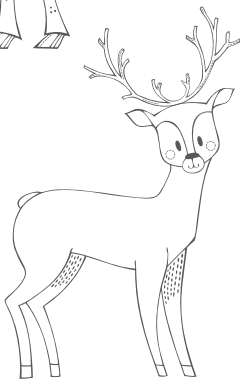
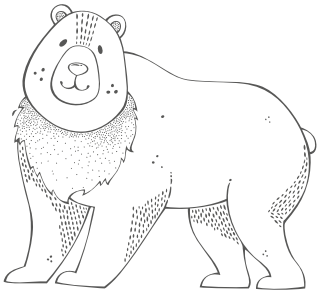
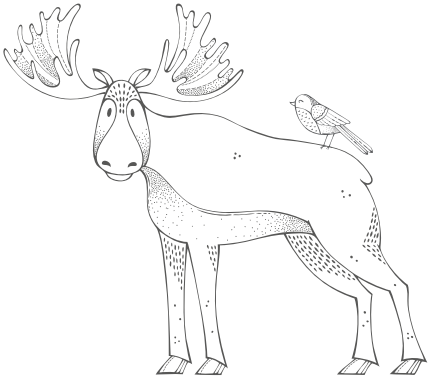


The Animal Eye Chart

COLOUR
ME IN



Eye care advice for parents

Your child should have their eyes examined by an optometrist at least every two years from their pre-school year. Most children assume that the way they see is normal so you can't rely on them to tell you if things are wrong. As well as getting their eyes tested every two years, look out for the following:

- headaches and sore eyes
- difficulty concentrating
- using fingers to track text or losing their place when reading
- having issues with coordination for example when playing ball games
- squinting or closing one eye when reading or watching television
- showing sensitivity to light or the glare from a screen.

If you have any concerns, please ensure you book them into see an optometrist at your earliest convenience.

Good eye health

Help maintain good eye health, whilst reducing your child's chance of becoming short-sighted:

- **Increase the amount of time spent outside each day.** An average of 90 minutes a day is a good target.
- **Limit screen time, and other close work (over and above school work) to two hours per day.** This includes tablets, smart phones, hand-held computer games, as well as drawing and reading. Try and hold close tasks as far away as is comfortable, avoiding the temptation to hold things very close.
- **Take vitamin D.** There is some evidence that taking a vitamin D supplement can slow the establishment of myopia (short-sightedness).
- **Regular eye examinations.** Every child in Scotland is entitled to a free eye examination every two years.
- **Start early.** The earlier in life these steps are taken, the best chance they have of making a difference.
- **Consider Myopia Management for short-sighted children.** If your child is already short-sighted, these specialist contact lenses would be worth considering. They are proven to slow the progression of short-sightedness, meaning when they reach adulthood they will have a lower a prescription than without the lenses.

There are various helpful resources on cameronoptom.com about other eye-related issues including the effects of blue light, contact lenses for children, conjunctivitis and more.

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