

Sample World Sight Day Newsletter Article

A Future in Sight: Healthy Eyes, Thriving Minds

**Did you know? 1 in 4 school-age children will have a vision disorder requiring treatment.ⁱ
If not detected and treated early, vision loss may occur.**

Some children might see the world like this:



A child may **FALSELY** believe:

1. The way they see is the way everyone sees
2. Blurred vision is normal
3. Seeing clearly with only one eye is not a problem

Remember: we can't see that kids can't see and children rarely know they can't see. Vision screening helps find children who need to see an eye doctor for an eye examination to find out if children have vision disorders or eye health problems. Early detection and treatment are critical to avoid long-term vision and learning problems.

How do you know if your child might have a vision problem?

Look for the “**ABCs**” to assess possible vision problems ([NationalCenter.PreventBlindness.org/wp-content/uploads/sites/22/2020/10/5A-Signs-vision-problems-in-children-1.pdf](https://nationalcenter.preventblindness.org/wp-content/uploads/sites/22/2020/10/5A-Signs-vision-problems-in-children-1.pdf)):

- A- Appearance:** Does the child have eyes that are red, cloudy, watery, droopy, encrusted, or do not line up or look straight ahead?
- B- Behaviors:** Does the child avoid near work, squint, tilt their head, or hold books close to their face?
- C- Complaints:** Does the child mention complaints about light sensitivity, blurred or double vision, headaches, dizziness, “tired eyes,” or itchy eyes?

Encourage Healthy Screen Habits

- Too much time spent on digital screens can cause eye fatigue (tiredness), which can lead to inability to sleep, frequent rubbing of eyes, headaches, and difficulty focusing
- Encourage your child to reduce the amount of time doing near work (e.g., holding devices and books close to the face) and spend time playing outdoors.
- Give devices at least an arm's length, tilted away, and with a good light source coming from behind the child.

Sources:

- ▶ National Center for Children's Vision and Eye Health. (2020). Vision Screening Guidelines by Age. <https://nationalcenter.preventblindness.org/vision-screening-guidelines-by-age>
- ▶ Prevent Blindness. (2020). Signs of possible vision problems in children. <https://nationalcenter.preventblindness.org/wp-content/uploads/sites/22/2020/10/5A-Signs-vision-problems-in-children.pdf>
- ▶ Prevent Blindness. (2021). Children's Screen Time—Tips and Resources. <https://preventblindness.org/childrens-screen-time-tips/>