

Protect Your Child's Vision

Schedule Regular Eye Exams

Routine vision screenings, at a school or pediatrician's office, identify just a small percentage of vision problems in children. Regular, comprehensive eye exams are recommended for all children to help them see their best and to rule out serious vision problems. Eye exams can even provide early detection of overall health issues such as diabetes, neurological disorders, brain tumors and certain types of cancer.

Ask About Lens Options

Your child only has one pair of eyes. So be sure to protect them from hazards such as trauma, glare and UV exposure. Ask your eyecare professionals about eyewear that can enhance and protect your child's vision.

DID YOU KNOW?

9 out of 10 kids prefer Transitions® lenses to regular, clear lenses.*

- Impact-resistant lens options, such as polycarbonate or Trivex® material, can help protect your child's eyes from eye injuries.
- Anti-reflective coatings reduce reflections that can make it difficult for your child to see clearly and comfortably.
- Adaptive, photochromic Transitions® lenses reduce glare and block 100% of UVA and UVB rays. They are clear indoors and at night, and darken and adapt to changing lighting conditions outdoors – helping your child see his or her best, all day, every day.

Recognize the Signs

Trouble seeing up-close or reading the chalkboard, poor grades, headaches, watery or red eyes, and excessive blinking or rubbing of the eyes may be signs that your child needs vision correction.

*Transitions Optical, Inc.



TALK TO YOUR EYECARE PROFESSIONALS

Many of the things kids do every day can affect their vision. Talk about:

- Your child's lifestyle – including sports or other activities.
- Overall health issues or family history.
- Vitamins or medications they are taking, including for illness, asthma, allergies or depression.

Looking for fun resources for kids about eye health? Visit EyeDidntKnowThat.ca for games, coloring pages and more!

For more information about Transitions® lenses – the #1-recommended photochromic lenses worldwide – visit Transitions.com.

Transitions®

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Kids eyes

WHAT TO EXPECT

80% OF LEARNING in a child's first 12 years **COMES THROUGH THE EYES***

86% of CANADIAN CHILDREN under the age of six have **NEVER HAD A COMPREHENSIVE EYE EXAM****

A child's developing eye is **MORE VULNERABLE TO UV DAMAGE** – which is cumulative and can't be reversed

FIND OUT HOW TO PROTECT YOUR CHILD'S VISION FOR THE FUTURE

Transitions®

*Vision Council
**Canadian Association of Optometrists





ENVIRONMENTAL RISKS

Trauma

Of the sports-related eye injuries that occur each year, more than 40% are to children under the age of 15.* An estimated 90% could be prevented with the right eyewear.**

To prevent injuries, kids should wear protective glasses when they're playing sports, or even just rough-housing. If your child wears glasses, ask about impact-resistant options such as polycarbonate or Trivex® material. If your child is involved in contact sports, consider wrap-around glasses or goggles.

UV Exposure

Kids spend more time outdoors than adults – getting three times the sun exposure.*** Short term, UV exposure can lead to sunburn of the eyes or eyelids. Over time, it can lead to serious diseases such as cataract and macular degeneration.

All kids' everyday eyewear should block 100% of UVA and UVB rays. Even kids who don't need vision correction should wear UV-blocking sunlenses when outside. Not all sunlenses block 100% of UV rays – so talk to your eyecare professional to make sure your child's eyes are covered.

Glare

Glare, or bright light, can lead to trouble seeing, squinting, headaches, eyestrain and fatigue. Even glare from TV or computer screens can be distracting. Lens options like photochromics or anti-reflective coatings offer protection from glare and can help improve a child's overall quality of vision and maximize comfort.

* American Academy of Ophthalmology
** Prevent Blindness America
***Clinical Pediatrics

COMMON EYE HEALTH ISSUES

Talk to your eyecare professionals to find out if your child's eyes are at risk.

Vision Problems

Common vision problems can usually be treated easily with corrective eyewear.

Myopia, or near-sightedness, makes it hard for a child to see objects far away.

Hyperopia, or far-sightedness, makes it difficult for a child to see up-close objects.

Astigmatism is a condition that causes blurred vision or trouble seeing fine detail.

Eye Development Issues

Eye development issues can be better treated when caught early. Untreated, they can lead to permanent problems or vision loss.

Strabismus, or crossed eyes, occurs when the eye muscles fail to work together. Approximately 5% of children have some form of strabismus.*

Amblyopia, or lazy eye, affects 2-4% of all children.* With amblyopia, misalignment or focusing issues cause one eye to be dominant, and the other to become weak or even blind.

Overall Health Issues

Diabetes is one of the most common, chronic diseases affecting children. It can lead to serious vision problems or blindness.

In children, complications from diabetic retinopathy may appear earlier or be more severe. Kids with diabetes may also be more likely to develop cataract and glaucoma as adults.

*Canadian Association of Optometrists

DID YOU KNOW the eye doctor is often the first health professional to detect issues such as diabetes?

WHAT'S HAPPENING TO THE EYE?

Vision and Childhood Development

Childhood is an important time in the development of the eyes. It's when many vision problems develop – such as trouble seeing up-close or far away – and when healthy eye habits are formed.

While many vision problems are not life-threatening, they need to be identified and treated early in order to avoid short- and long-term problems that can follow kids into adulthood.

Poor Vision = Poor Performance

When kids aren't seeing their best, they're not performing their best. Undiagnosed vision problems can hurt a child's performance in school. In fact, 60% of Canadian children with reading difficulties have undiagnosed or uncorrected vision problems.*

Kids with vision problems can have trouble playing sports, and can suffer from low self-esteem or frustration. Vision problems can even contribute to physical side effects such as redness, watering eyes or headaches.

Kids don't always know they're not seeing their best, or may not know how to communicate that they're having trouble seeing. Because of this, it's important to make sure all kids are receiving regular eye exams, especially before school.

*National Coalition for Vision Health, Vision Loss in Canada

