

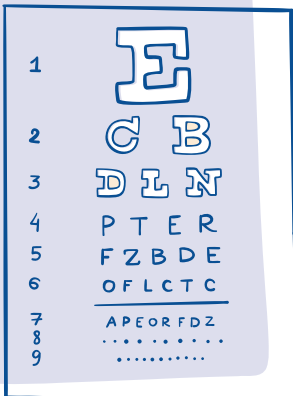
#LoveYourEyes

#LoveYourChildrensEyes

Good eye care plays a critical role in a child's development, learning attainment and social interactions.

It is important to detect and address any vision problems in children as early as possible – this can help prevent long term visual impairment and enables every child to learn and develop to the best of their potential.

We all have a responsibility to make sure children's eyesight is given priority and that they are provided with the eye care services they need.

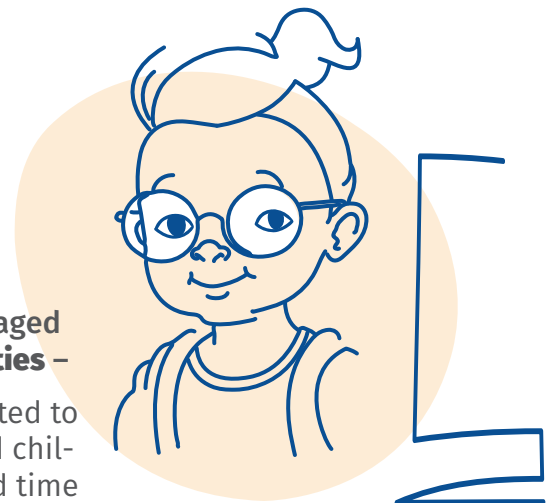


All children should have regular eye examinations –

the first before they are a year old, again before they start school and then once a year until the age of 18.

Children should be encouraged to have a balance of activities –

screen time should be limited to avoid digital eye strain and children should be encouraged time to play outdoors.



A child often won't know they have vision problems, so look out for symptoms –

for example squinting, frequently rubbing their eyes, headaches, difficulty or unwillingness to read.

Teach children the importance of good hygiene to help look after their eyes

not to touch their eyes with dirty hands, the importance of washing hands regularly.

Make sure children have and wear spectacles or contact lenses if they are prescribed them. Encourage all children to have and wear sunglasses.

✓ **With the support of parents, guardians and teachers we can inspire millions of young people everywhere to take care of their eyes.**