



## Help protect your child's eyesight

Regular eye exams, UV protection, and sports eyewear are key

When thinking about how to help keep kids safe and healthy, it's important to remember the impact that eyesight can have on their overall health and well-being. Children who have trouble with their vision may not feel well and may not do as well in school. On average, 1 in 4 children has vision problems that, if left untreated, can make reading and learning difficult.<sup>1</sup> It's vital that their vision plan offers access to high-quality vision care and eyewear choices to help improve and protect their sight.

### Children's eye health needs

**Because children spend more time outdoors than the average adult, their exposure to the sun's harmful ultraviolet (UV) rays is approximately three times greater.<sup>2</sup>** Research shows that long-term exposure to UV rays can cause eye diseases. It's important to protect kids' eyes from the sun to keep them healthy.

### **Common vision problems in children can be missed during the eye tests given in schools.<sup>3</sup>**

These include eye coordination, lazy eye, farsightedness, and nearsightedness. If a child is farsighted, they can see distant objects clearly, but close objects appear blurry. Near vision is important for reading books and seeing computer screens clearly.

**Myopia, or nearsightedness, is a vision condition that usually starts in childhood.** A person who is nearsighted can see close objects well but cannot see distant objects clearly without glasses or contacts. Early detection and treatment of myopia can help prevent or slow its progress before a child becomes an adult.

### Protecting children from eye injuries

**Most eye injuries among kids ages 11 to 14 happen while playing sports,<sup>4</sup> but 90% of those injuries could be avoided with proper safety.<sup>5</sup>**

**Impact-resistant lenses can help protect children's eyes during everyday activities or sports.** Lenses that are made from a material called polycarbonate are up to 10 times more impact-resistant than plastic or glass lenses.<sup>6</sup>

**Protective eyewear can be worn over everyday glasses or contacts to help give children extra protection during sports.** That includes safety glasses, goggles, safety shields, and eye guards.

## Benefits of Transitions® lenses – helping protect children from UV and glare

Transitions lenses are as clear as regular glasses indoors, but turn dark like sunglasses outdoors.

- They block 100% of UVA and UVB rays.
- They help lower glare and make the eyes feel better.
- They come in a wide choice of impact-resistant lens materials and anti-reflective (AR) coatings to help with glare.

Regular eye exams and protective eyewear can help your child see clearly and protect their sight. If you have questions, contact your Blue View Vision<sup>SM</sup> network eye care provider. They're here to help.



1 Prevent Blindness. *Detecting and Treating Eye Problems Early can Help Kids in the Classroom* (July 2017): [preventblindness.org](http://preventblindness.org).  
2 Canadian Association of Optometrists. *Children and Risks Associated with Sun Exposure* (accessed September 2020): [opto.ca](http://opto.ca).  
3 Children's Hospital of Philadelphia. *Vision Problems and Learning Difficulties: What to Watch For* (April 2018): [chop.edu](http://chop.edu).  
4 Prevent Blindness. *Make Eye Protection Part of Your Uniform While Playing Sports* (August 28, 2019): [preventblindness.org](http://preventblindness.org).  
5 All About Vision. *How to Prevent Eye Injuries* (accessed August 2020): [allaboutvision.com](http://allaboutvision.com).  
6 All About Vision. *Polycarbonate lenses: advantages and disadvantages* (accessed September 2020): [allaboutvision.com](http://allaboutvision.com).

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