



FOCUS ON EYE HEALTH

# Have You Noticed Your Child Struggling to Focus?



## An Eye Exam May Help Your Child See the World More Clearly.

Vision plays an important role in a child’s physical, cognitive and social development. That’s why maintaining eye health and practicing eye safety are critical.

### What Are the Most Common Vision Disorders in Children?

The most common vision disorders in children are refractive errors including:

- **Myopia:** commonly known as nearsightedness, is when close objects appear clearly, but distant objects appear blurry. The median age of diagnosis is between 7 and 9 years old.<sup>1</sup>
- **Hyperopia:** commonly known as farsightedness, is when distant objects appear clearly, but close objects appear blurry. Approximately 21% of children between the ages of 6 months and 6 years old have hyperopia.<sup>2</sup>
- **Astigmatism:** general blurry vision caused by an irregularity in the shape of the cornea or lens. Children who have myopia or hyperopia have an increased chance of also having an astigmatism.<sup>2</sup>

### How Can I Protect My Child’s Eyes from Injuries?

Because eye safety is just as important as eye health, these simple guidelines can help you protect your child’s eyes:

- In both competitive and recreational sports, ensure your child always wears protective eyewear.<sup>3</sup>
- Ensure toys purchased for your child are marked to meet the safety standards of the American Society for Testing and Materials (ASTM).<sup>4</sup>
- Learn simple first aid care for eye injuries, such as not touching, rubbing or trying to remove anything from an eye without the help of a professional.<sup>4</sup>

VBA offers plans that provide easier access to vision care.

To learn more, visit [vbaplans.com](http://vbaplans.com).

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The information contained above is intended to be educational in nature, does not constitute medical advice, and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

1. The American Optometric Association (<https://www.aoa.org/patients-and-public/eye-and-vision-problems/glossary-of-eye-and-vision-conditions/myopia/myopia-research>)  
2. Prevent Blindness (<https://preventblindness.org/prevalence-and-impact-of-vision-disorders-in-u-s-children>) 3. The Vision Council (<https://www.thevisioncouncil.org/sites/default/files/SportsEyeSafetyReport.pdf>) 4. American Academy of Ophthalmology (<https://www.aoa.org/eye-health/tips-prevention/injuries-children>) 5. The American Optometric Association ([https://www.aoa.org/Documents/Childrens\\_Examination\\_Office\\_QA\\_Resource\\_Guide\\_FINAL.pdf](https://www.aoa.org/Documents/Childrens_Examination_Office_QA_Resource_Guide_FINAL.pdf)) 6. The American Optometric Association (<https://www.aoa.org/patients-and-public/good-vision-throughout-life/childrens-vision/school-aged-vision-6-to-18-years-of-age>)

## Diagnosing Childhood Vision Problems<sup>5</sup>

It is recommended that children have eye exams at six months old, at age 3, before starting school and then every year following.

### Symptoms<sup>2</sup> of Vision Issues Include:

- Frequent eye rubbing or blinking
- Avoiding reading close and/or reading too close
- Headaches caused by squinting
- Excessive head tilting to one side or the other
- Wandering or crossed eyes

### Did You Know?



Amblyopia, or a “lazy eye” is the most common cause of vision loss in children<sup>2</sup>



It’s estimated that 80% of what children learn is from what they see<sup>6</sup>



Children under the age of 15 account for approximately 43% of sports-related eye injuries<sup>3</sup>