



# EyeLearn

## CHILDREN'S VISION PROGRAM

### What are some Eye Warning Signs?

- blurry or double vision
- tilting the head or covering/closing one eye
- a strabismus (turned eye)
- difficulty with reading and/or avoiding near work
- rubbing, tearing, red, itchy or burning eyes
- poor coordination in sports and fine motor activities (eg. printing)
- headaches, eyestrain, squinting and excessive blinking

### Tell me about Screen Time!

- Get up and take a break every 20 minutes
- Ensure screens are a forearm's length away
- No screen time less than (or within) 1 hour before bedtime
- Outdoor time is encouraged over screen time to increase eye health and reduce the progression of myopia
- Screen time outside of school hours should be less than 2 hours per day for ages 5-18, less than 1 hour per day for ages 2-5, and none for < age 2.



### Good Vision = Better Learning

#### Did you know that:

- 80% of a child's learning involves vision and visual processing
- 1 in 4 school-age children has an undetected vision problem
- Children rarely complain of vision problems since they don't realize they see the world differently than others
- Vision problems can be mistaken for other developmental problems such as dyslexia or ADHD
- Enhancing a child's vision can directly enhance their academic performance and lifelong learning skills

### For more information on EyeLearn, please visit...



<https://bc.doctorsofoptometry.ca/patients/children-vision-resources/>

### How often and when should I visit my Doctor of Optometry?

#### Babies:

first visit between 6-12 months old

#### 2-19 years:

annually for children ages 2 and up

### How do I find a Doctor of Optometry near me?

Please refer to our website by scanning the QR code:



<https://bc.doctorsofoptometry.ca/find-a-doctor/>

# Learn About the ● Eye with Opie!

OPIE'S BODY IS THE  
WHITE PART OF YOUR EYE  
CALLED THE SCLERA



OPIE SEES  
THROUGH THEIR  
PUPIL- JUST  
LIKE YOU!

OPIE HAS STRONG MUSCLES  
TO MOVE AROUND!  
YOUR HUMAN EYES HAVE 6 EACH!