



DavisVision® and SuperiorVision®

by  VersantHealth®

Children's Vision Tips

In the U.S., 1 in every 4 children has a vision disorder that requires diagnosis and treatment by an eye doctor.¹

Signs of Eye Problems in Children²

- Discomfort or itchiness
- Seeing spots in vision
- Dilated eyes/large pupils
- Spots on the white of the eye
- Blinking or rubbing
- Crust or goop in eyes
- Misaligned eyes
- Head tilting or covering one eye

In School-Age Children, Other Signs to Watch for Include...³

- Quick loss of interest in activities that require eye use
- Losing their place when reading
- Turning the head to look at something in front of them

Common Eye Problems⁴

- Amblyopia: Lazy eye
- Strabismus: A misalignment of the eyes causing one or both to turn in, out, up, or down
- Refractive errors: Nearsightedness, farsightedness, or astigmatism

Help Protect Your Child's Eyes



- Schedule routine eye exams⁵



- Encourage a healthy lifestyle that includes a balanced diet and exercise⁵



- Purchase protective eye goggles and shields to avoid sports injuries⁵



- Limit screen time to avoid digital eye strain⁵



- Buy age-appropriate eyeglasses (plastic frames, shatterproof lenses, etc.). Ask an eye care professional for recommendations.⁵



To learn more, visit [versanthealth.com](https://www.versanthealth.com)

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Sources: 1. American Optometric Association. (Aug. 18, 2022). Keeping Children's Vision in Focus. Retrieved March 2, 2023 from <https://www.aoa.org/news/clinical-eye-care/public-health/keeping-childrens-vision-in-focus?ss=y> 2. Mukamal, R., Reviewed by Lipsky, S. N. (Jul. 02, 2021). 10 Child Eye Problems Parents Should Never Ignore. Retrieved March 2, 2023 from <https://www.aoa.org/eye-health/tips-prevention/child-eye-problems-parents-should-never-ignore> 3. Mukamal, R.; Reviewed by Michael X Repka, M. X.; Edited by Porter, D. (April 08, 2022). 20 Things to Know About Children's Eyes and Vision. Retrieved March 2, 2023 from <https://www.aoa.org/eye-health/tips-prevention/tips-children-eyes-vision> 4. Lazarus, R. (May 18, 2021). 7 Common Pediatric Eye Conditions. Retrieved March 2, 2023 from <https://www.optometrists.org/childrens-vision/guide-to-pediatric-eye-conditions/7-common-pediatric-eye-conditions/> 5. Lazarus, R. (Feb. 6, 2022). 5 Ways to Protect Your Child's Vision. Retrieved March 2, 2023 from <https://www.optometrists.org/childrens-vision/healthy-eyes-for-life-8-ideas-to-teach-children/5-ways-to-protect-your-childs-vision/>