



Your child's vision plays a vital role in school success

You and your child may not always see eye-to-eye about school, but have you ever thought about how well he sees at school? According to research, kids with vision problems may struggle more than their peers. If your child can't see the board—or what's on a worksheet—he's likely to fall behind. And that means his grades can suffer.

Unfortunately, kids don't always know that they can't see well. They simply rub their eyes, squint and try their best to see. So get your child's eyes examined yearly.

To protect his eyesight overall:

- Provide good light. Be sure his reading lamp is bright enough. If it's too dim, he'll strain to see the page.
- Build in breaks. If your child spends long stretches in front of a screen, have him take frequent 10-minute breaks. Experts believe too much screen time leads to blurry vision and problems with focusing.
- Provide sunglasses. Bright sunlight can damage kids' eyes. Your child may not think to wear sunglasses, so remind him to put them on.
- Commit to safety. Does your child play sports? Make sure he wears the proper protective eye wear, such as safety glasses or swim goggles.
- Serve healthy foods. Good vision starts with good nutrition, so feed your child a variety of healthy foods. From leafy greens to fortified milk, nutritious foods are proven to support strong minds, bodies and eyes.

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