



EyeLearn

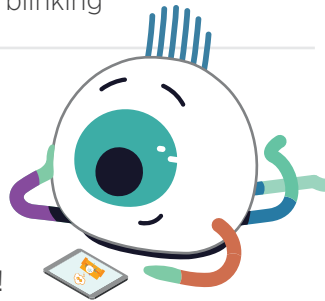
CHILDREN'S VISION PROGRAM

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
- not performing up to potential
- 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 Sreen Time!

- Get up and take a break every 20 minutes
 - Ensure screens are a forearm's length away
 - No screens 1 hour before bedtime
 - Outdoor time is encouraged over screen time!
- Appropriate UV and vitamin D help to increase eye health and reduce the progression of myopia
- Guide to screen time outside of school hours:
 - Less than 2 hr/day for children over age 5
 - Less than 1 hr/day for children age 2-5
 - None for children under 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

Eligibility for EyeLearn is simple!



Introducing EyeLearn

- All children ages 0-19 years who reside in BC are eligible
- No participation form is needed
- MSP will cover either all or a portion of the examination cost depending on the clinic visited

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:



Find a Doctor

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