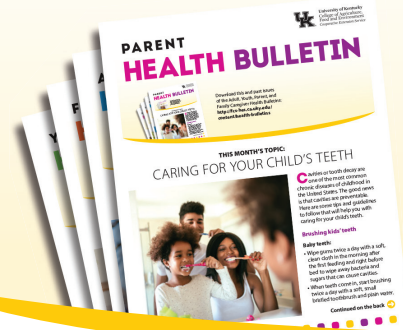


# PARENT HEALTH BULLETIN



APRIL 2024

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## THIS MONTH'S TOPIC EYE SAFETY FOR EVERYONE



**Y**our child's eye health affects how well they can see, learn, and enjoy life. You can help protect your child's eyes and their developing vision by making healthy choices with their eyes in mind. The Centers for Disease Control and Prevention recommends the following as ways to protect and maintain eye health for kids.

- **Eat well:** Vegetables and fruit contain minerals and vitamins your kids need for healthy eyes and vision. Eating a wide variety of fruits and vegetables helps kids get the amount of vitamins that they need. Encourage your family to "eat the rainbow" by including different colors of fruits and vegetables in their meals each day.

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## *Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.*

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- **Limit screen time:** Limit screen time each day to 30 minutes or less of non-educational screen time. Also, have your child take frequent breaks when using any type of digital device. Taking frequent breaks is also a good habit to have when doing other kinds of near-vision activities that need concentration, such as drawing, writing, and reading.
- **Get enough sleep:** Our bodies, including our eyes, require sleep to heal and recharge. Not getting enough sleep can keep your child's eyes from healing from everyday eye strain and irritants. They need time to heal from allergens, pollutants, and dry air.
- **Spend time outdoors:** Many children spend hours each day doing near-vision activities, such as reading, writing, and using computers or tablets. Just like other muscles in the body, our eye muscles need time to relax. Going outside allows children's eyes to look at objects in the distance, which gives them a break. Playing outdoors also helps kids be physically active, improve coordination, and get essential vitamin D from the sun.
- **Wear sunglasses:** Protect your eyes from the sun while enjoying the health benefits of spending time outdoors. Exposure to the sun's ultraviolet (UV) rays can be harmful to the eyes over time. When possible, choose sunglasses that have 100% UV protection.
- **Use protective eyewear:** You can prevent most eye injuries by wearing protective eyewear, such as glasses or goggles. If your child is involved in sports or other activities, make sure they protect their eyes to avoid serious injury.
- **Get regular exams:** Eye screenings are a part of regular well-child exams. Your child's doctor will continue to check their vision through each stage of development. Based on your child's screening and family history, your child's doctor may recommend a formal eye exam by an optometrist, a doctor who specializes in eye care.



You can treat common eye discomforts by rinsing out the eyes with water or applying a cold compress, but always consult a doctor if you think your child's eyes may be injured. If your child gets chemicals in their eye, such as cleaner or battery acid, begin flushing it out immediately, for 10 minutes. Follow up immediately with a doctor. If a large object gets stuck in your child's eye, such as a stick or pencil, do not try to pull it out. Get medical help immediately to reduce the amount of trauma to the eye and socket.

#### REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/vision-health-children.html>

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**ADULT**  
**HEALTH BULLETIN**

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