

## How To Look After Your Children's Eyesight

### Description

As a parent, it's important to be mindful of your child's eyesight. Just like their teeth, your eyes are a vulnerable part of the body that if mistreated are going to be damaged over time.

There are many causes for poor eyesight but there are plenty of ways to help ensure your child has a good vision for as long as possible. If you're already a wearer of glasses or contact lenses, you'll appreciate how useful it is to have 20/20 vision. With this being said, here are some tips that will help look after your children's eyesight in the future.

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[Image Source](#)

## Minimize device usage for tablets and mobile phones

It seems like all new generations nowadays are growing up with a mobile phone or tablet in their hands. Grateful generations above will appreciate the ability to switch off their electronic devices but for younger generations, itâ€™s not so easy.

Itâ€™s useful for a parent to try and minimize screen time and device usage when it comes to their tablets and mobile phones. Too much screen time can do some damage to their eyesight, especially if theyâ€™re spending hours on it at a time.

Not only that but if theyâ€™re using these devices late at night, their eyes will naturally start straining in order to see the screen. This only gets worse when theyâ€™re tired. With that being said, set times in the day or evening when screen time isnâ€™t allowed. Itâ€™ll help curb their reliance on these electronics too.

## Ensure theyâ€™re wearing sunglasses when out and about

When theyâ€™re out and about, make sure theyâ€™re wearing sunglasses if the sun is shining. As children, they may find themselves looking up at the sky and towards the sun. Obviously, this is dangerous for your eyes as itâ€™s burning away that exposed tissue on the eyes.

For children though, they donâ€™t know that until theyâ€™re told not to. Sunglasses can help them enjoy the sunshine without having to worry about damaging their eyesight. Itâ€™s also great for helping them avoid squinting when the sun gets too bright. Childrenâ€™s eyesight is a little more vulnerable, especially when theyâ€™re still developing.

## Teach young children the importance of eye safety

The importance of eye safety goes beyond just their early years. The potential damage caused now could have a long-lasting effect on their eye health in the future. With that being said, be mindful of young children when it comes to eye safety.

For example, make sure they know to wash out their eyes with sterile water when thereâ€™s a potential infection or something has gotten into their eye. Ensure theyâ€™re not poking anything into their eye that could cause damage. There are a lot of simple eye safety tips that as an adult, youâ€™d know, but for children, they wonâ€™t learn until theyâ€™re told.

A close-up, artistic photograph of a person's eye. The eye is looking slightly to the right. The eyelashes are dark and long. The skin around the eye is fair. A diagonal watermark is overlaid across the middle of the image.

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### [Image Source](#)

Encourage them to let you know if they're having any trouble with their eyesight or if there is any pain or discomfort within the eye itself.

## Get regular opticians checkups

Regular opticians checkups are essential for children and should be introduced from a young age. Just like other healthcare appointments, a trip to [Merivale Vision Care](#) is a must. It's worthwhile getting them used to the opticians from a young age, especially as the experience can be a little daunting.

By providing them with eye care from an early age, it's helpful to ensure they are being checked over properly and have any potential underlying problems ruled out. This can help you to deal with issues like [pediatric myopia](#) before they become more severe and get proper corrective eyewear prescribed for your child so that they don't need to struggle day to day.

## Provide them with plenty of fresh fruit and vegetables

Fresh fruit and vegetables are great for eye health and for the little one's health in general. Make sure you're [incorporating plenty of fruit and vegetables](#) that are known for being good for eyesight. These include:

- Carrots
- Sweet potatoes
- Green leafy vegetables.

The more fruit and veg they have in their diet, the better it'll be for their health in general so ensure they're getting their five a day every day.

## Be mindful of any changes in their vision

It's important to be mindful of any changes within their vision. As a parent, it's easy enough to notice something different in your child's behavior or mood. This may be done to [a problem](#) with their eyesight whether it's noticeable now or not. Make sure to be mindful and to question if they're experiencing any pain or sudden change in their eyesight.

Looking after your children's eyesight is essential so with that being said, be mindful, attentive, and encouraging toward your child's eyesight this year and beyond.

### Date Created

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