



Health Diversity Equity
& Inclusion Alliance

IMPORTANCE OF REGULAR EYE EXAMS

Children should have:

- Their first eye exam between 6–12 months of age
- A second exam at age 3
- Another before starting school
- Every 1–2 years after that (or as advised by your eye doctor)

Exams include:

- Vision screening (clarity and focus)
- Checking for eye alignment and movement
- Internal eye health evaluation

Limiting Screen Time

Follow expert guidelines:

- Ages 2–5: Limit to 1 hour per day of quality screen time
- Older children: Set consistent limits and encourage breaks

Reduce digital eye strain:

- Use the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds
- Ensure good lighting and proper posture when using screens
- Avoid screens 1 hour before bedtime

Encouraging Outdoor Activities

Benefits of outdoor play:

- Helps prevent nearsightedness (myopia)
- Improves coordination and eye-body connection
- Supports overall physical and mental health

Suggested activities:

- Biking, hiking, nature walks, ball games, or just playing outside
- Aim for at least 1–2 hours of outdoor time daily

Nutrition for Eye Health

Key nutrients:

- Vitamin A – for night vision
- Lutein & Zeaxanthin – protect retina from damage
- Omega-3s – support retinal development
- Zinc – aids in vitamin A absorption

Eye-healthy foods:

- Carrots, leafy greens, sweet potatoes, eggs, salmon, citrus fruits, nuts

Protective Eyewear

Why sunglasses matter:

- Children's eyes are more vulnerable to UV rays
- Use UV-blocking sunglasses when outdoors

Safety goggles:

- Use for sports like basketball, baseball, or racquetball
- Also important for lab experiments, yardwork, or crafts involving sharp tools

Teaching Good Hygiene Practices

Handwashing tips:

- Wash hands with soap and water for 20 seconds
- Especially before meals, after outdoor play, and after bathroom use

Avoiding eye infections:

- Teach children to avoid rubbing their eyes, especially with unwashed hands
- Helps prevent pink eye (conjunctivitis) and sty infections