

Do Your Kids Need Eyeglasses?



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Do Your Kids Need Eyeglasses?

More than 1 in 4 school-aged kids have a vision problem – either nearsightedness or farsightedness – that can interfere with learning. Their future success is at stake. It's up to parents, teachers, and principals to help.

Major Types of Vision Problems



Nearsightedness

- If you are nearsighted, you can see things near or close to your eyes, but you can't clearly see things that are far away.



Farsightedness

- If you are farsighted, you can see things far away, but you can't clearly see things that are close.



If you can't read the book in front of you, you may be farsighted



Few rural students wear eyeglasses, even though most vision problems can be easily corrected by a pair of eyeglasses.

How Do I Know If My Child Has a Vision Problem?

If your kids are displaying any of the following symptoms or behaviors, they may need an eye exam:

- Decreasing performance in school.
- Poor coordination when throwing or catching a ball, copying from the chalkboard, or tying their shoes.



- Short attention span.
- Dislike or avoidance of reading.
- Excessive blinking or eye rubbing.
- Placing their head close to their books or sitting close to the TV.



Your child doesn't have the ability to understand or describe vision problems. Don't leave your children's health up to them; make sure they get an eye exam and eyeglasses, if they need them.

Diagnosis

Children should have a comprehensive eye exam before entering school. After that your child should have an eye exam annually or every two years if no vision correction is required.



Watching eye movements



Reading letters from eye chart

Vision can worsen, so check-up must be done regularly.

Consequences

“Why should I care?
I can't see well, but
I'm fine!”



Most learning comes through the eyes. Students with poor vision who don't wear eyeglasses don't do as well in school as they could. It is difficult for children to concentrate and perform well in class if they have a vision problem.

Poor vision = poor grades.
Poor vision + Eyeglasses = better grades!

“But, I don’t want to wear glasses!”



Kids will laugh at me if I wear glasses.



A lot of kids love to wear glasses. You’re part of a large and growing group.



Wearing glasses is uncomfortable.



Not true. Properly fitted glasses are very comfortable.



My eyes get tired and my head hurts.



Properly fitted glasses don’t produce headaches or tired eyes. Just the opposite is true – they can eliminate them!



Glasses get in the way of my regular activities such as playing sports.



You will do better in sports – and all activities – because you can see more clearly.

Treatment – What Should Be Done?

Eyeglasses produce better vision. Millions of people all over the world, including China, wear eyeglasses. In fact, China is one of the world's largest exporters of eyeglass frames and lenses.



Wearing glasses will improve student grades.

Remember, 80% of everything children learn comes through their eyes. Uncorrected vision problems impact their ability to learn and interact with the world around them.

Myths about vision...



Can eye exercises correct nearsightedness and farsightedness?



No. It's the shape of the eye that results in these conditions. Eye exercises cannot help.



Does wearing glasses make vision worse?



No. Glasses improve vision without affecting the eye itself.



The truth is...

Being nearsighted or farsighted is nobody's fault. Anyone can have a vision problem. It is partly due to genetics and partly due to chance.



Summary

1. Go see the doctor for a vision check-up.
2. Wear glasses if nearsighted or farsighted.
3. Read/write in good lighting.
4. Enjoy seeing better, performing better in school and outside of school and feel better as a result!