

Title:

Boost Your Child's Vision

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265

Summary:

Vision problems often run in families, but there are some factors that you can control in your

Keywords:

vision, eyes, sight, vision loss, loss, family, kids, children, child, kid, parenting

Article Body:

Vision problems often run in families, but there are some factors that you can control in your

Brighten things up.

Unfortunately, your mom was right: reading in dim light can wreak havoc on your eyes.

Give them space.

Place a pillow about eight feet away from the TV, and tell your child they have to wat

Take breaks.

Experts agree that kids' increased computer use can cause focus problems, particularly

Buy shades.

Your child may not need glasses, but it's a good idea to buy them sunglasses. UV expos

Don't skip eye exams.

Children should be screened by an eye doctor or pediatrician between 6 and 12 months,

It's not too late for adults to start practicing these techniques, also. Make them a f

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