



## **Seeing all that life has to offer!**

One of the most important senses is our sight. Having good eyesight contributes to our overall sense of well being and is an important factor in achieving success at work, home and school.

### **Tips for good eye health:**

- 1. Eat a healthy, well-balanced diet.** Eating a diet rich in antioxidants and Vitamin C (like fruits, nuts and vegetables) contributes to good eye health.
- 2. Get regular eye exams.** Eye examinations are recommended every two years; sooner if any vision changes are noticed or if there is an injury to the eye(s).
- 3. Limit Screen time.** Screen time is hard on the eyes. For better eye health, limit screen time to less than 2 hours per day.
- 4. Take 20.** Take a 20 second “eye break” from your computer screen by focusing on something 20 feet away every 20 minutes.
- 5. Exercise Regularly.** Exercise improves blood circulation and oxygen flow to the eyes. For good eye health, exercise at least 60 minutes a day.
- 6. Get enough sleep.** Getting adequate amounts of sleep at night maintains eye health. Health Canada recommends 9-11 hour of sleep at night for children ages 5-13 and 8-10 hours of sleep for youth 14-17.
- 7. Protect your eyes.** Wear protective eyewear when doing at-risk activities. Wear Sunglasses to protect eyes from the sun’s harmful ultraviolet rays. When purchasing sunglasses, look for lenses that block out 99-100% of both UVA and UVB radiation.

### **For Parents**

For some families, lack of insurance can be a barrier to obtaining an early eye exam for their children. For those who lack private insurance coverage, there is a provincial dental and vision plan for children (18 years of age and younger) of lower-income families called the **“Healthy Smiles, Clear Vision”** program. Eligibility for the program is based on several criteria, including a limited family net income. To apply, families can download the application form at [www.gnb.ca/socialdevelopment](http://www.gnb.ca/socialdevelopment). For families who do not fit the financial eligibility criteria of the program and are unable to afford vision exams for their children, please contact your school’s Healthy Learners in School Program nurse.