

THE BALM
IN GILEAD
INC.

Sunday Morning

HEALTH CORNER



Children's Eye Health: Nurturing Clear Sight

August is Children's Eye Health and Safety Month, a time to raise awareness about protecting children's vision through regular exams, early detection and simple steps that help them see, learn, and grow with confidence.

Supporting Healthy Vision for Children and Teenager at Every Stage

Vision is a key part of childhood development. If a child or teenager has an uncorrected vision problem, it can impact their ability to learn, participate in activities, and develop confidence. Regular vision screenings and comprehensive eye exams help detect issues early so children can get the care they need.

Common vision problems like nearsightedness, lazy eye, or crossed eyes can often be corrected if caught early. Parents, teachers, and caregivers all play a role by watching for signs like squinting, headaches, or eye rubbing. Protecting a child's vision helps them succeed in and out of the classroom.

Why It Matters

- 1 in 4 school-aged children has a vision problem that can impact learning.
- Untreated vision issues affect behavior, testing, and self-confidence.
- Regular eye exams help detect and manage problems early (CDC, 2024).

What Can You Do

- Schedule regular vision screenings and eye exams for children.
- Limit screen time and encourage outdoor play to reduce eye strain.
- Make sure children wear protective eyewear for sports and sunglasses for sun protection.
- Early vision care helps prevent long-term eye issues and stronger prescriptions later.
- Clear vision supports social confidence in kids.



For more Information, visit <https://www.cdc.gov/>



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment, and access to care through education, programming and advocacy. Learn more at balmingilead.org

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