



Looking After Our Eyes

Up to 20% of children do not  
see as well as they might

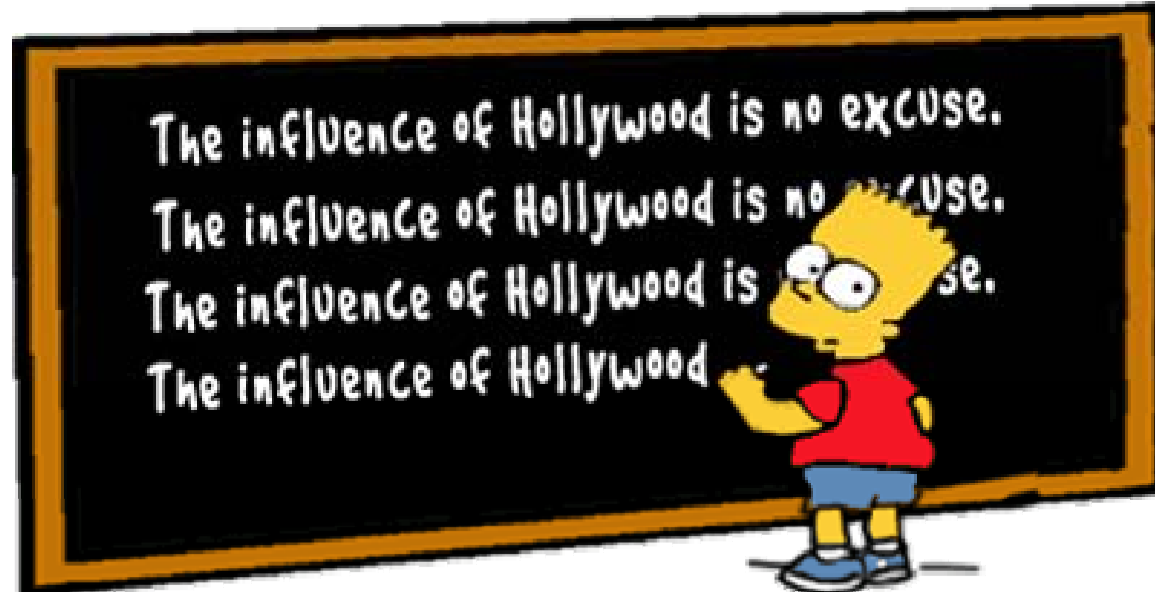
That's 2 out of 10 people

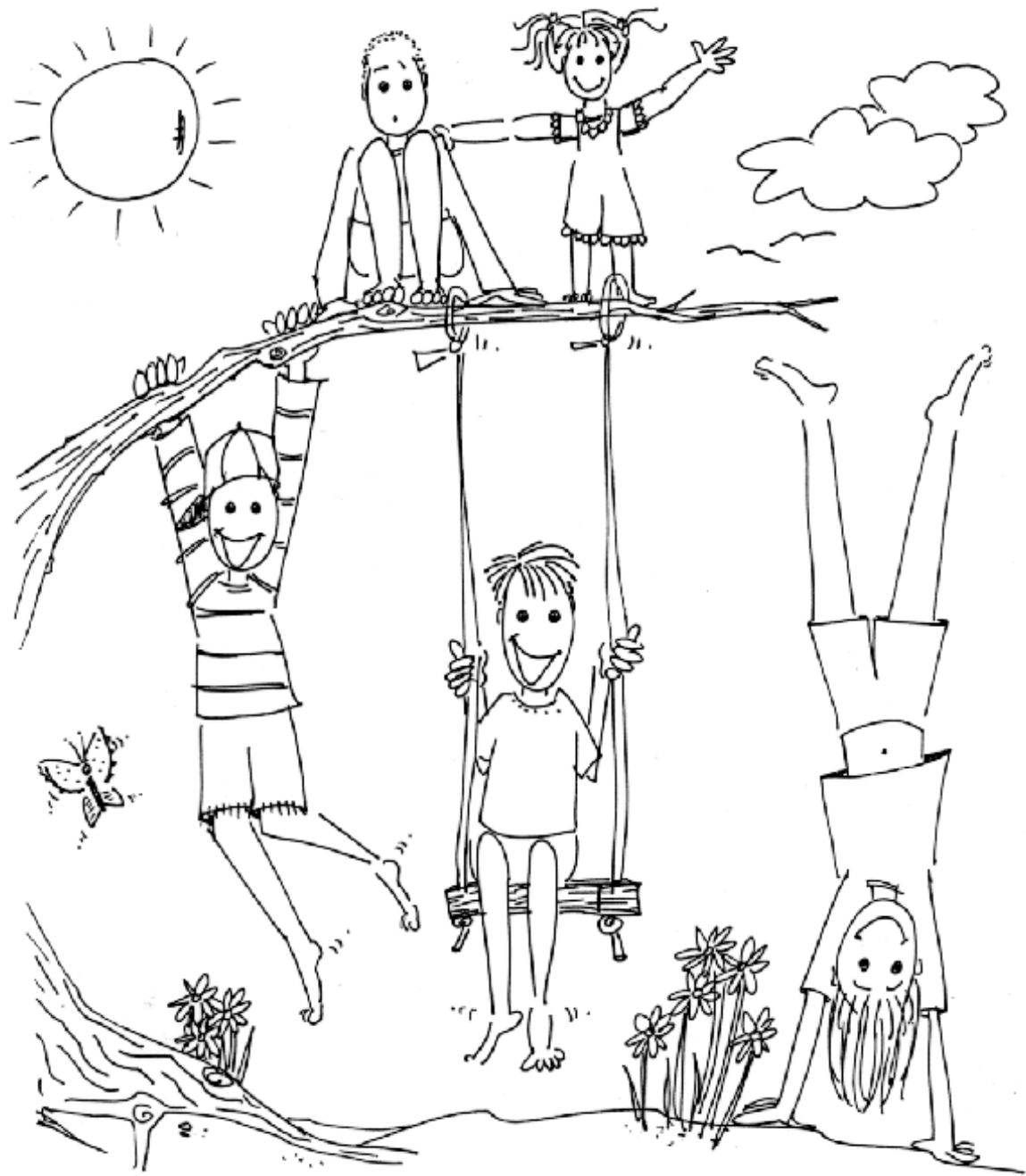
# Why are our eyes important?

- More than 80% of the information that we learn comes through our eyes.

# Seeing well helps us to:

- Learn





- Play

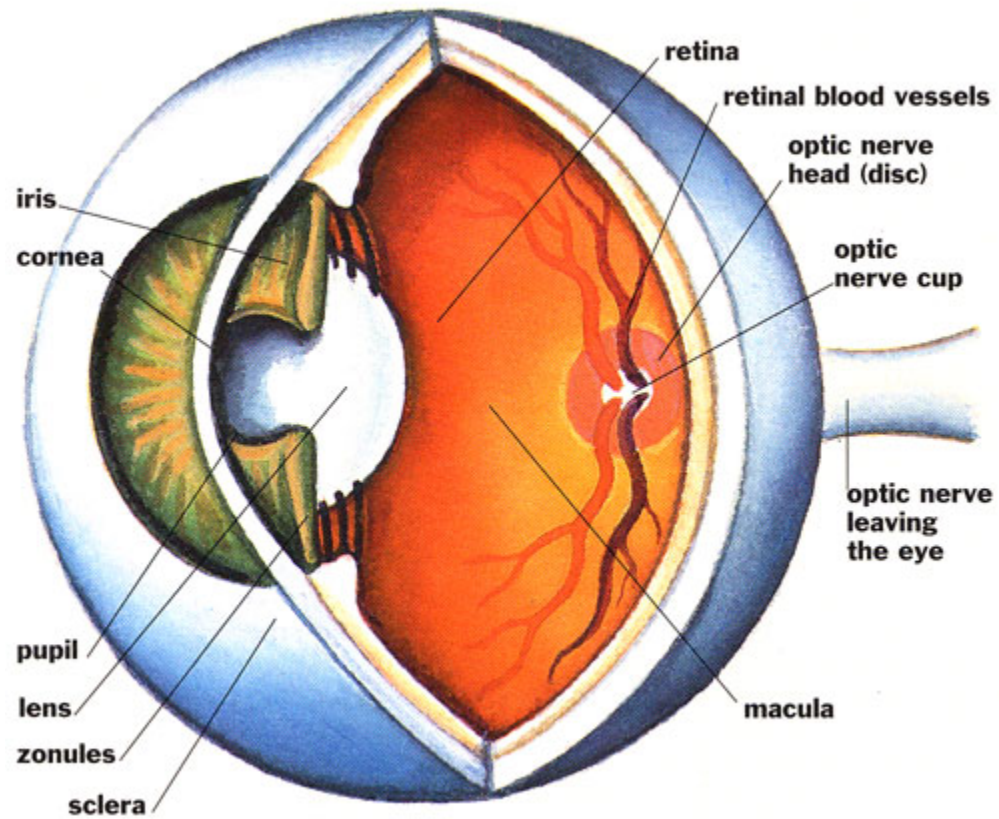


Read

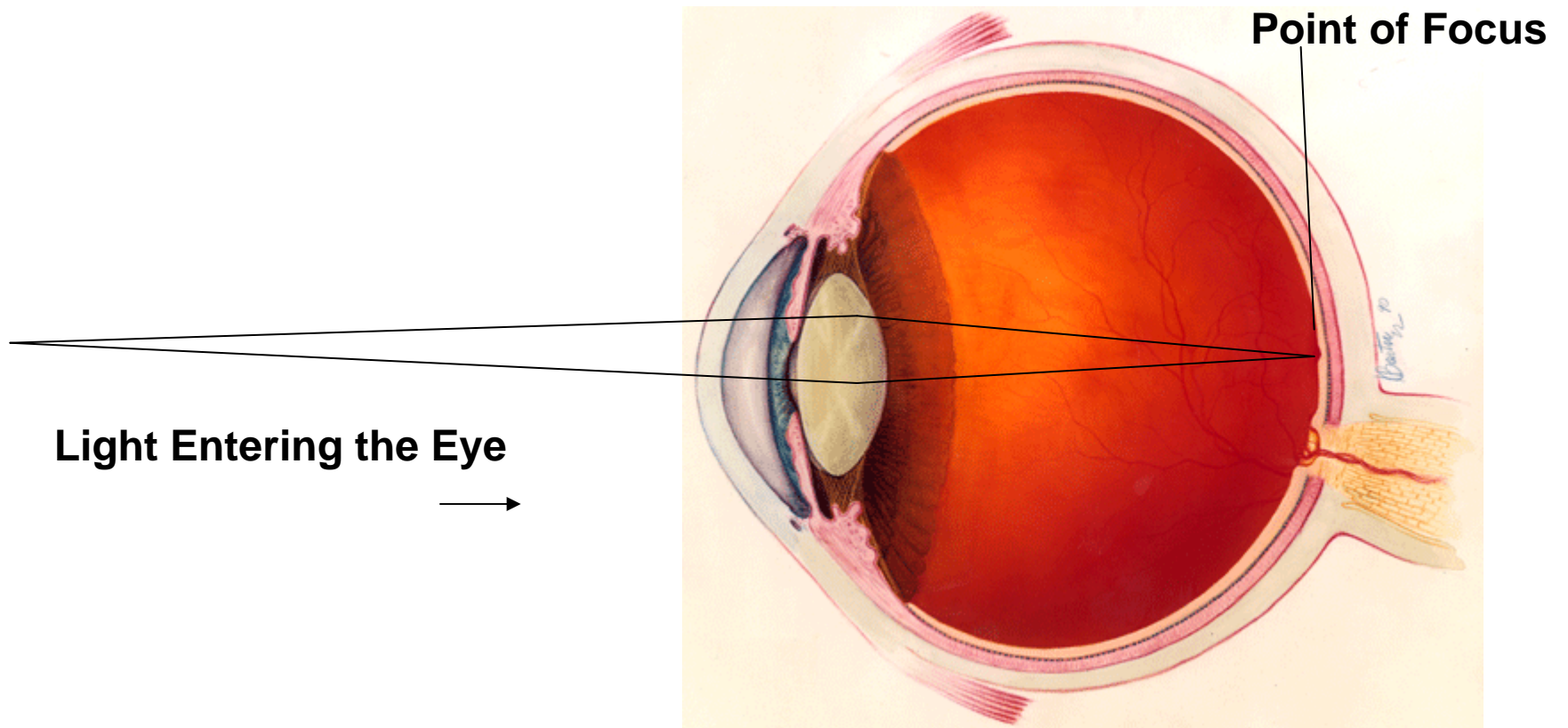


Play sport

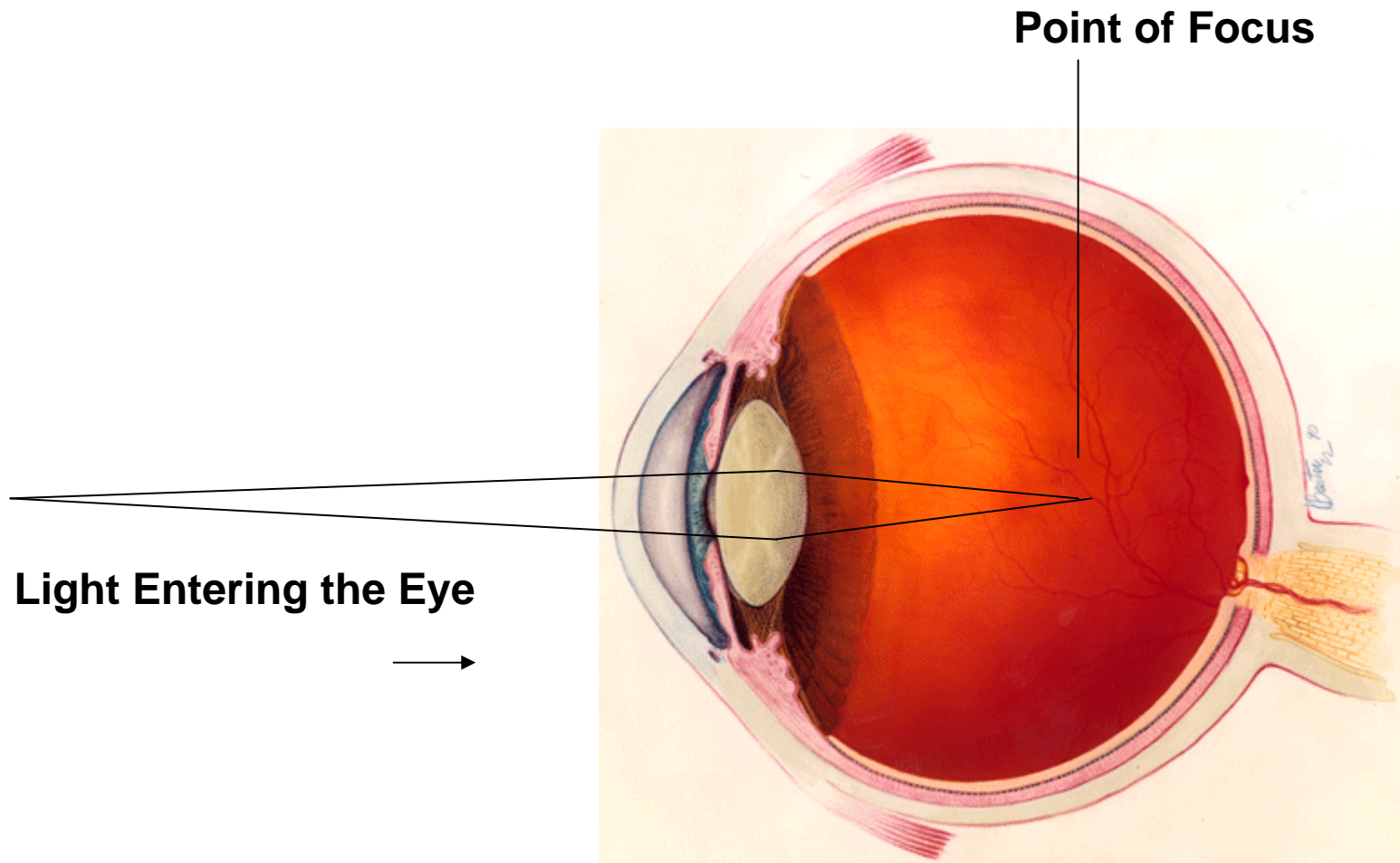
# How do our eyes work?



# Clear Vision

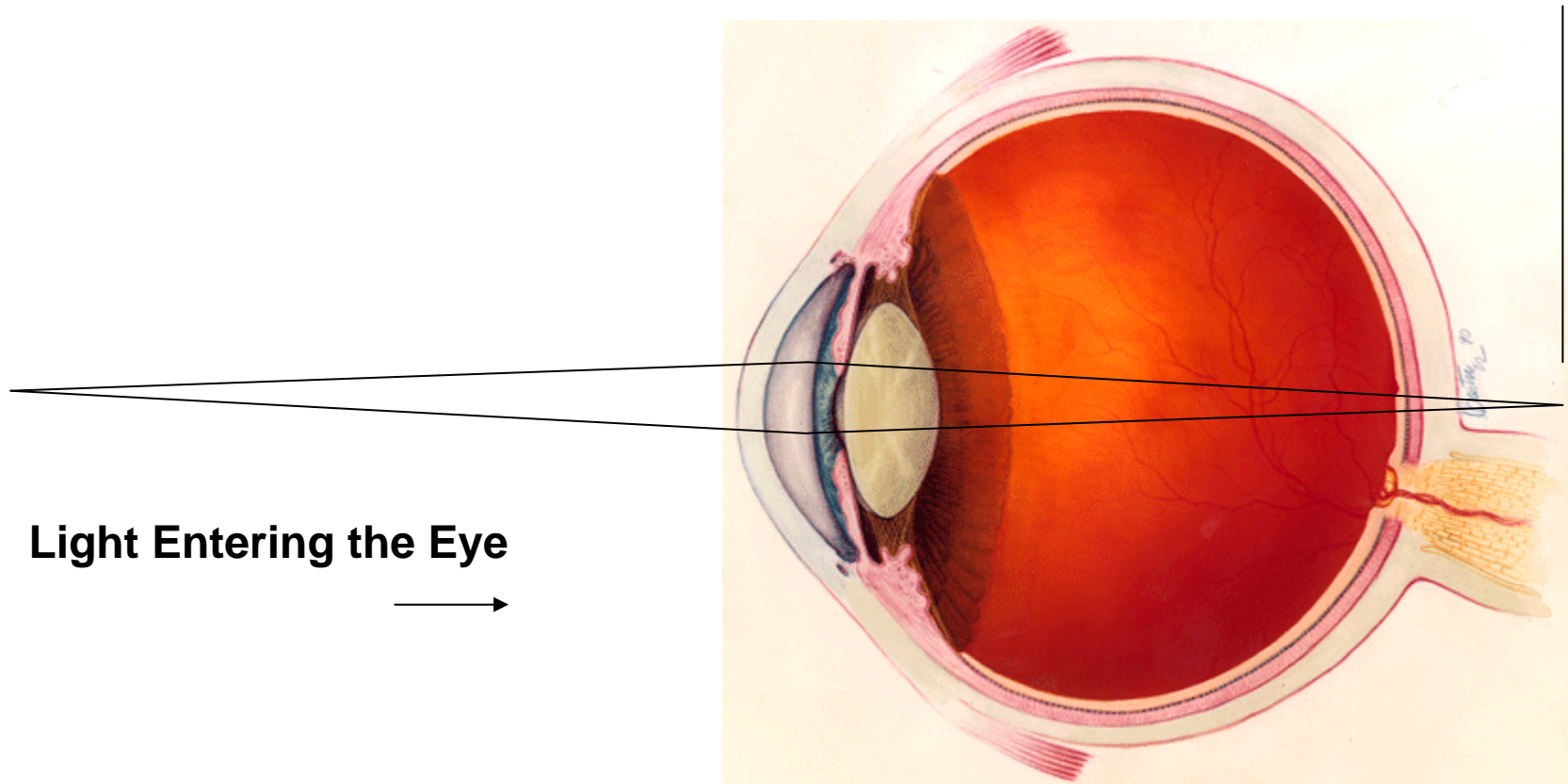


# Short Sightedness

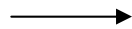


# Long Sightedness

Point of Focus



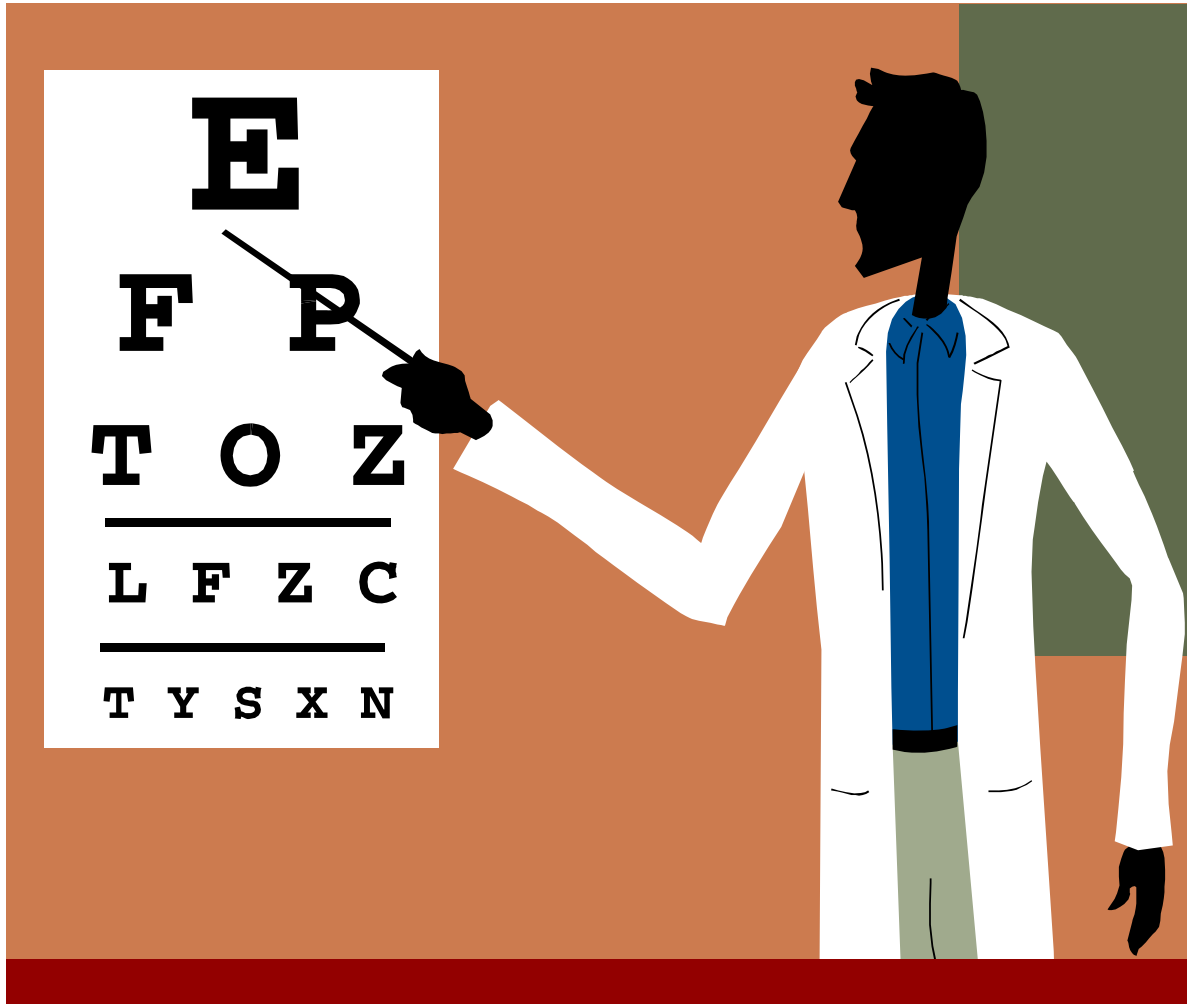
Light Entering the Eye



# Signs to look for:

- Straining to see the board
- Blurred vision
- Sitting close to the TV
- Frequent rubbing of eyes
- Short attention span
- Bad hand-to-eye co-ordination
- Headaches
- Reversals of words when reading or writing

# Visit your Optician



# Insert Contact Details

- Insert pic of practice waiting room/play area or similar.