

## HOW TO HELP YOUR KID WITH MYOPIA

Myopia is a chronic, progressive disease characterized by difficulty seeing far away with excessive eye elongation, risk of associated sight-threatening complications, and a negative-powered refractive error.

Myopia (nearsightedness) is typically treated with glasses or contact lenses during childhood. Refractive surgery, such as LASIK, is typically used in adults once the glasses prescription is no longer changing. Kids with progressive myopia often begin in early childhood and worsen as the child grows. Despite the strong genetic component, environmental factors have been shown to be another significant factor.



### GET OUTDOORS!

Limit unnecessary screen time and increase outdoor play time. Children need to spend at least 2 hours outdoors per day.

### GET GOOD SLEEP!

Children need at least 9 hours of uninterrupted sleep per night. A lack of sleep has been shown to be a risk factor for myopia progression.

### GOOD READING HABITS

Set a visual reminder to blink more frequently to prevent dry eyes and increased eye strain. Train children to use screens 24 inches or farther away, rather than under 12 inches. Use the 20-20-20 rule. Rest your eyes every 20 minutes, and look at something 20 feet away for 20 seconds.



## CONSIDER MEDICAL TREATMENT OPTIONS WITH MYOPIA MANAGEMENT SPECIALISTS

The most important thing you can do to protect your child's vision is to keep regular visits with your doctor to closely track and vision changes. Possible medical treatment includes but not limited to: low dose atropine eye drops, MiSight soft contact lenses, or Orthokeratology.