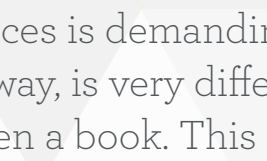


> VISION + LEARNING NEWS



> COMPUTERS, TABLETS & SMART PHONES

how much time is too much?

Even if you, or your child, think vision is fine (“20/20”), looking at electronics and digital devices is demanding, even for adults. Plus, seeing in the distance or 20 feet away, is very different than looking at a smart phone, tablet, computer or even a book. This is often around 16 inches away.

While these devices can greatly enhance education, they may actually hinder learning for some. Children with eye movement, tracking and teaming problems may have difficulty comprehending the information presented by these devices. But, because children don’t always know how they are supposed to see, their underlying vision problems can remain undetected and unreported.

Too much screen time can cause lower grades, increased nearsightedness, and risk of Digital Eye Strain. Digital Eye Strain is a condition that can cause back and neck strain, dry eyes, double or blurred vision and even headaches.

Use the 20:20:20 rule and take a break every 20 minutes and look 20 feet away for 20 seconds to prevent vision problems.

Watch for: squinting, frequent eye rubbing, blinking, dry or red eyes, head turns or avoidance of the computer and close working distance. If you see any of these signs, schedule an appointment today:

How much is too much screen time?

[CLICK HERE FOR AN INFORMATIVE ARTICLE. >](#)

IS YOUR CHILD ACHIEVING TO POTENTIAL?

Report cards don’t always give you an accurate assessment of how your child is doing. However, there are definite signs parents need to watch for that are early indicators that a vision problem may be at the root of your child’s struggles. The summer is often a great time to help your child to eliminate any roadblocks to success in the classroom.

The signs and symptoms that a vision problem is blocking learning are easy to see when you know what to look for. Unfortunately, parents and educators assume that a child can see up close because the child can obviously see things in the distance – like the board in the classroom, the TV, etc. They also assume everything is fine visually because the child hasn’t complained about a vision problem.

Observing your child when studying may provide some very helpful clues. Here are some of the things to watch for:

- Does your child avoid reading or homework?
- Does your child choose books which are below grade level? Or choose picture books over chapter books?
- Does your child understand the book when you read to him but not understand when he reads it?
- Does your child turn their head at an angle when reading?
- Does comprehension get worse the longer he or she reads?

There are 17 visual skills that are required for reading and academic success and being able to see the letters on the eye chart (20/20) is just one of those visual skills. When a child is missing one or more of these visual skills academic performance can suffer.

The good news is that when these vision problems are detected, they can often be corrected over the summer break, so your child is ready to perform to potential with the new school year. If your child has any of these symptoms, schedule an appointment today.

To find out more about the critical link between vision and learning, [please visit our website.](#)

WHEN IS THE LAST TIME YOU “BACKED-UP” YOUR GLASSES?

Typically, we don’t think twice about backing up all the vital information on our computer, but most people don’t think about having a back-up for their glasses. Yet, it is vital if you can’t drive or function in life without your current prescription.

While most people who choose to wear contact lenses hate wearing their glasses, it is important that you ensure you also have a back-up pair of glasses.

If you have an eye infection or intense allergies that make your eyes red and itchy, you may need to go without your lenses for a day, so please make sure you like your back-up glasses.

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> BUILT TO IMPRESS

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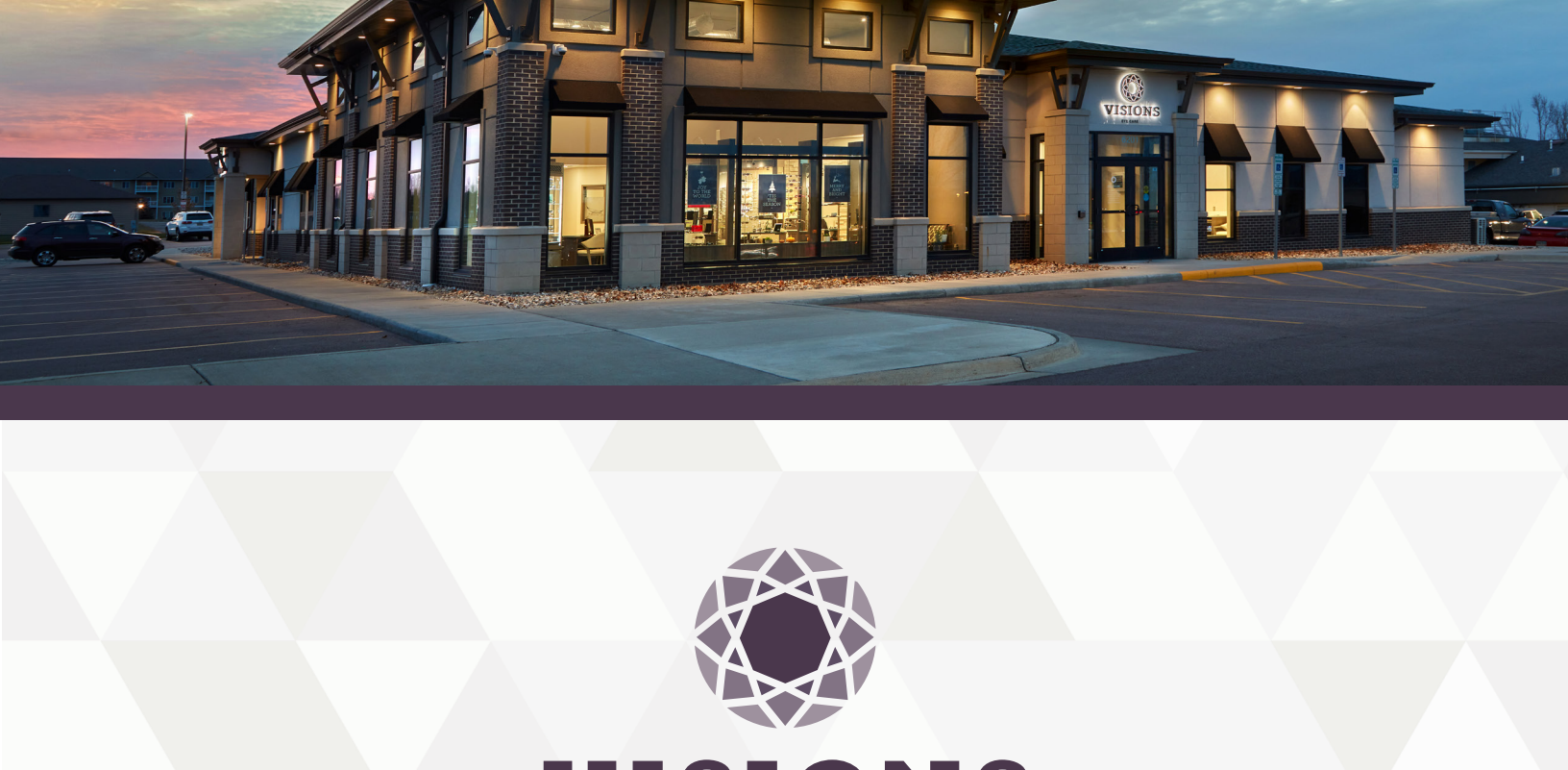
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**VISIONS**

EYE CARE

THE 20:20:20 RULE! TAKE A BREAK EVERY 20 MINUTES AND LOOK 20 FEET AWAY FOR 20 SECONDS.

Watch for: squinting, frequent eye rubbing, blinking, dry or red eyes, head turns or avoidance of the computer and close working distance. If you see any of these signs, [schedule an appointment today!](#)

**VISIONS**

EYE CARE + THERAPY CENTER

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