



211 West Wacker Drive
Suite 1700
Chicago, Illinois 60606

toll free 800.331.2020
local 312.363.6001
fax 312.363.6052



Help Your Child Become a Star Pupil!

Dear Parent/Guardian,

Today in class I presented the *Star Pupils Children's Eye Health and Safety Program* courtesy of Prevent Blindness. Your children learned about parts of the eye and how they function and about objects and situations that are dangerous to young eyes.

Children rely on their vision for almost everything they do especially to learn about the world around them. In fact, eighty percent of what they learn is through sight. That's why it's important to keep eyes healthy and to protect them from possible injury!

Early detection is key to preventing eye problems and diseases and to ensuring healthy vision for life. Prevent Blindness recommends eye examinations at birth, six months, pre-school, regularly throughout the K-12 school years, and any time you suspect an eye problem.

It is very important that children learn about eye safety from an early age. Eye injuries are a serious problem for many children with nearly 84,000 eye injuries occurring among children age 14 and younger each year. More than 35,000 of these injuries occur in children under age 5. Fortunately, **90 percent of these injuries are preventable.**

You can help keep your child's eyes healthy and safe:

- ★ Point out items and dangers in and around the home that may pose a risk to your child's eyes. I have sent home an *Eye Check* worksheet for you and your child to complete together. You will also receive an activity book with a student certificate on the back cover.
- ★ Make sure your child wears sunglasses with UV protection for all outside activities.
- ★ Talk to your eye care professional. He or she can recommend the best protective eyewear option for each sport your child plays.
- ★ **Never** allow your child to play with fireworks or sparklers.
- ★ Learn how to spot possible eye trouble in your child as well as how to administer first aid in the event of an emergency.
- ★ Schedule regular visits with your child's eye care professional.

For more information on children's eye health and safety, please visit PreventBlindness.org or call 800.331.2020.