

The Manitoba Association of Optometrists (MAO) is the regulatory body for optometry in Manitoba and our mandate includes advocating for eye health and optimal vision for ALL Manitobans. One of our programs, Eye See... Eye Learn[®], provides information to parents about the importance of vision in learning.

Eye See... Eye Learn[®]

Our mission is to **detect, diagnose and treat** vision problems so students can **see, learn and play** to the best of their ability.

Your child's vision is important

Book an eye examination by phoning or emailing your optometrist
If you don't have an optometrist, visit mb-opto.ca/find-an-optometrist.

What do I bring to my child's eye exam?

Checklist:

- ✓ Manitoba Health Card
- ✓ Name of Physician or Pediatrician
- ✓ List of medications and medical history
- ✓ Name of school
- ✓ The optometrist will provide you with an Eye See... Eye Learn[®] Form or you can contact the MAO office at 204-943-9811 to obtain a form for your child. Schools can contact the MAO office to obtain bulk materials.

Fees

Children's eye exams are covered by Manitoba Health for children under 19.

It's All Connected

A comprehensive eye exam can do more than test your vision – it could help save your life. A number of potentially life threatening health conditions can be detected through a comprehensive eye exam.



DIABETES (PANCREAS)

Optometrists can sometimes see indicators in the eyes, before the disease is formally diagnosed, or help detect signs of poor management.

20%
of diabetes cases remain undiagnosed

THYROID DISEASE (THYROID GLAND)

Changes such as bulging eyes can indicate thyroid disease - which affects 200 million people globally.

1/10
Canadians suffer from a thyroid condition

TUMOURS (THE BRAIN)

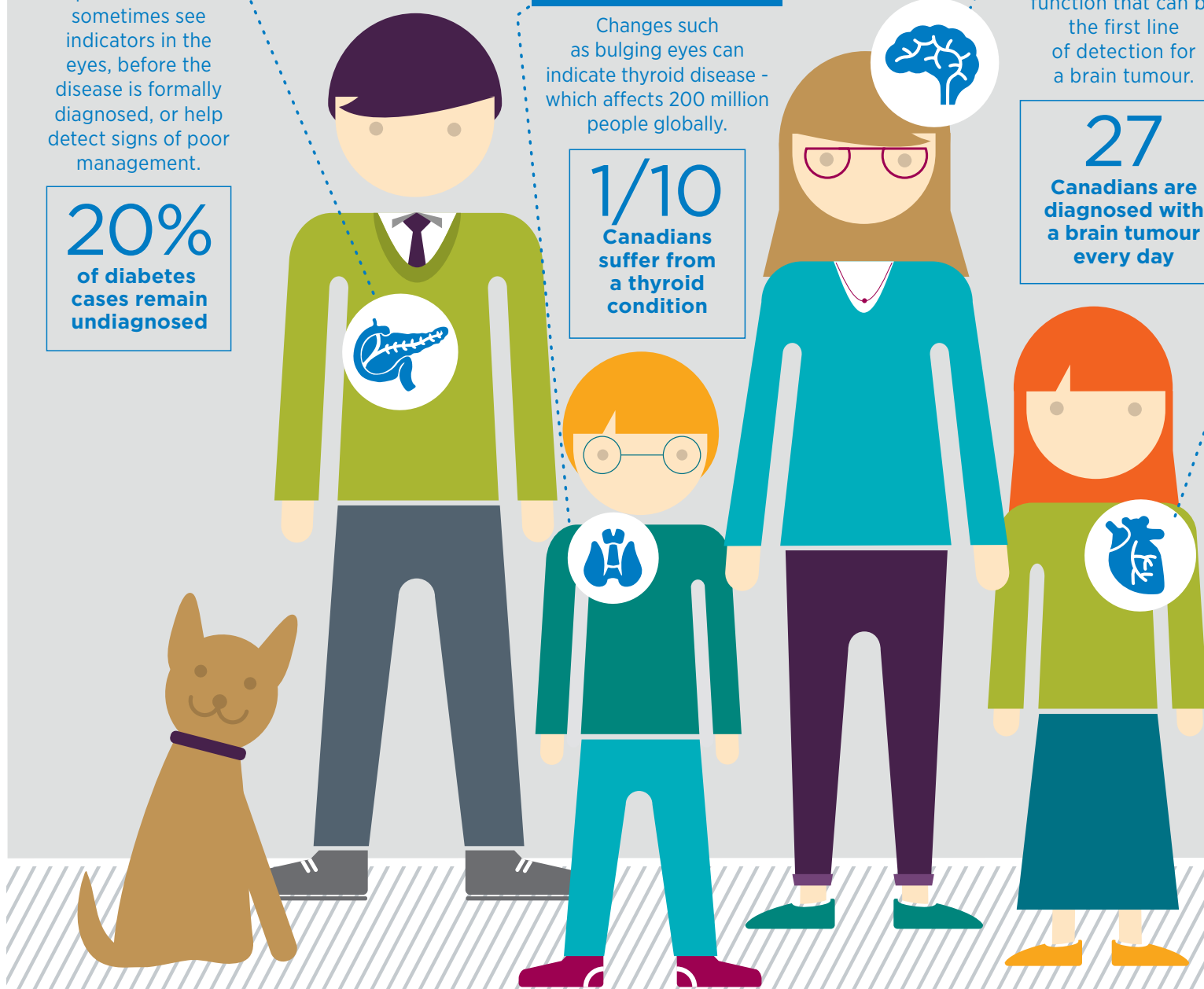
An eye exam includes tests of peripheral vision and eye muscle function that can be the first line of detection for a brain tumour.

27
Canadians are diagnosed with a brain tumour every day

HIGH BLOOD PRESSURE (THE HEART)

Examining blood vessels in the retina at the back of the eye can help identify risks for stroke or heart attack—before they occur.

1/5
Canadian adults have high blood pressure



How often should you have an eye exam?

CHILDREN

First one at 6-9 months & again at 2-5 yrs, annually thereafter

ADULTS

Every two years

OVER 65

Annually



Book an eye exam with your doctor of optometry today.
opto.ca




CANADIAN ASSOCIATION OF OPTOMETRISTS
ASSOCIATION CANADIENNE DES OPTOMÉTRISTES

CHILDREN'S VISION AND SCREEN TIME

Children's use of digital media has increased dramatically, and begins earlier in childhood. High screen time use in children is associated with a risk for obesity, poorer school performance, poorer sleep quality, risky behaviours in older children, as well as delays in critical cognition, learning and social skills in younger children. The following steps outline recommendations for safe use of electronic screens for children.

Limit screen time

TELEVISION • COMPUTERS • TABLETS • SMARTPHONES • VIDEO GAMES



0-2 yrs
INFANTS AND TODDLERS

None, with the possible exception of live video-chatting (e.g., Skype, Facetime) with parental support, due to its potential for social development.



2-5 yrs
PRESCHOOL CHILDREN

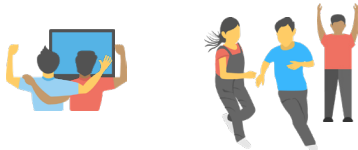
No more than **one hour per day** of age-appropriate, educational, and supervised viewing.



5-18 yrs
SCHOOL AGE CHILDREN

Ideally, **no more than two hours per day** of recreational screen time. Individual screen time plans should be based on development and needs.

Take a break from the screen every 30-60 minutes



Breaks should include whole-body physical activity.

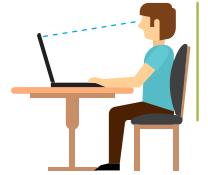
Encourage outdoor activity over screen time



Increased prevalence or progression of myopia (nearsightedness) has been linked with children spending fewer hours outdoors.

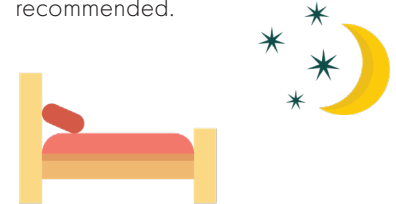
Position the computer to avoid eye strain

For computers, place the top of the display at the child's eye level, and then allow them to move the screen down into a comfortable viewing position as needed. Make sure that there is no glare or reflection on the screen.



Avoid using a screen one hour before bedtime

Screens in the bedroom are not recommended.



ENSURE YOUR CHILD HAS REGULAR EYE EXAMS

For more information, please see [Effects of Electronic Screens on Children's Vision and Recommendations for Safe Use: Canadian Association of Optometrists/Canadian Ophthalmological Society Joint Position Statement.](#)