

# Vision & Children

## 你小孩的視力



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- Vision is important to your child's learning
- Vision develops in stages. At birth babies can see and begin to learn to use their eyes. They begin to judge distances and learn eye-hand coordination
- Vision becomes "adult-like" by twelve months. By the preschool years your child develops vision skills needed for eye-hand coordination, fine motor skills and learning to read. Vision development continues until about age 8
- Early vision screening is important in order to detect vision problems or changes. Some vision problems may be hard to notice without screening. All children should have their vision screened at 3 years old or sooner if your child's family has a history of eye problems



- 視力對於你孩子的學習能力是非常重要的。
- 視力是分不同的階段發展的。剛出生的嬰兒，就能用眼睛看並開始學習使用他們的眼睛。他們開始判斷距離和學習手、眼的協調
- 孩子的視力，能在十二個月的時間，變成「成人」的視力。在學齡前，你的孩子發展視力以用於手、眼的協調，以及一些手部動作和學習閱讀。視力發展將持續到大約8歲
- 早期視力檢查是很重要的，可及早發現視力問題或變化。如果不接受檢查，可能很難留意到某一些視力問題。所有兒童應在3歲接受視力檢查，如果孩子的家庭有視力問題的歷史，就應更早檢查

### LOOKING AFTER YOUR CHILD'S EYES:

Here are ways you can prevent eye injuries and increase eye safety and eye health for your child:

- Do not let your child play with sharp items (i.e. scissors) and think safety when choosing toys
- Limit the amount of television your child watches to no more than one hour per day and keep your child at least 3 meters (8-10 feet) from the television screen
- Protect your child's eyes from the sun with a wide brim hat and wrap-around sunglasses (rated 99-100% UVA and UVB protection)
- Feed your child a variety of fruits and vegetables - they contain vitamins and minerals which are good for the eyes

### 照顧你孩子的眼睛：

以下是一些能預防你孩子的眼睛受傷，以及保護眼睛安全和健康的方法：

- 不要讓孩子玩尖銳的物品(如剪刀)，在選擇玩具時，應考慮物品的安全性
- 限制孩子看電視的時間，每天不超過一小時，保持孩子距離電視屏幕至少有3米(8-10英尺)
- 保護子女的眼睛免受太陽的傷害，給他們戴上闊邊帽及包覆式的太陽眼鏡(防99-100% UVA和UVB紫外線)
- 讓孩子吃多種不同的蔬果，這些食物含有維生素和礦物質，有助保持眼睛健康



### VISION SCREENING:

- Your child can have vision screening or an eye exam even if they do not talk or read yet
- The Richmond Public Health offers vision screening for 5 year olds. For all other ages, vision exams by the eye doctor (optometrist) do not require a referral and are partially covered by health insurance. Not all optometrists see babies, so ask when making an appointment



### WHEN TO GET HELP:

- Your child should see your family doctor or eye doctor if you notice any of these signs or symptoms:
- Red, itchy or watery eyes
- Squinting, rubbing the eyes, or excessive blinking
- Drooping upper eyelid
- Sensitivity to light
- Eyes turned in or out
- Bumping into things
- Covering or closing one eye
- Lack of concentration
- Holding objects too close
- Avoiding activities needing distance vision
- Avoiding books and television

### 視力檢測：

- 孩子還沒開始說話或閱讀時，就應接受視力測驗或眼部檢查
- 列治文公共衛生部 (Richmond Public Health) 為5歲兒童提供視力測驗。其他年齡的兒童可以約見眼科醫師 (驗光師) 作視力測驗，無需轉介，部分費用已包括在醫療保險中。但不是所有驗光師都替嬰兒檢查，所以應在預約時先行查詢

### 何時需要求助：

如果發現任何下列的跡象或症狀，應即安排你的孩子去看家庭醫生或眼科醫生：

- 紅、發癢或水樣眼睛
- 眯眼、揉眼睛、或過量地眨眼
- 上眼蓋下垂
- 對光敏感
- 眼睛往往向內或向外斜視
- 碰撞到東西
- 老是蓋著或閉起一隻眼睛
- 缺乏聚焦
- 拿得太近來看物件
- 逃避參加需要遠觀的活動
- 不願看書和看電視

### WHO TO ASK FOR HELP:

- For more information about the vision screening program, please contact Richmond Public Health (604-233-3150)
- To find an optometrist in your area, contact the BC Association of Optometrists (604-737-9907) or visit [www.optometrists.bc.ca](http://www.optometrists.bc.ca)

### 向誰求助：

- 有關視力測驗服務的詳情，請聯絡列治文公共衛生部
- (Richmond Public Health, 電話 604-233-3150)
- 請聯絡卑詩省視光師協會 (BC Association of Optometrists, 電話604-737-9907) 或瀏覽網站 [www.optometrists.bc.ca](http://www.optometrists.bc.ca)，物色你所屬區內的驗光師

