

PARENT FACT SHEET

SPOT ON!



Prepare your kids for a focused school year.

School supplies—check! New lunch box—check! Eye exam—check? Vision problems are on the rise for children, according to the American Optometric Association. Yet one in 10 parents has never taken their kids to the eye doctor. Eye exams should be at the top of your back-to-school checklist, especially if your child is complaining of any of these problems:

- ▶ **“I can’t see the board!”** Nearsighted children struggle to read the board and may miss out on important instruction.
- ▶ **“Everything is blurry!”** Farsighted children have difficulty with close work, such as reading, drawing, or writing. Independent reading and completing worksheets can be a challenge.
- ▶ **“I’m bored!”** Students struggling to see may become less engaged in classroom activities, which can lead to behavior and social issues.
- ▶ **“I’m no good at sports!”** Poor vision affects coordination, which can contribute to difficulty playing sports.

Be on the Lookout

Keep an eye out for these symptoms:

- Squinting or holding reading materials super close
- Complaints about things appearing blurry
- Complaints about headaches
- Worsening performance at school
- Having a short attention span
- Losing one’s place when reading
- Avoiding reading or other close activities
- Turning head from side to side when looking at something

Get Tested!

Make an appointment with your child’s doctor, eye doctor, or specialist. JCPenney Optical offers children’s eye exams with licensed optometrists. Find one here: jcpennyoptical.com.

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3 Ways to Make Glasses Cool

- 1 Remind your child of popular characters** who wear glasses, such as Harry Potter, Clark Kent, and *Matilda’s* Miss Honey.
- 2 Have a celebratory meal** after your child’s diagnosis, and have them list all the ways wearing glasses will help them excel in school—and play!
- 3 Find fun frames.** Plenty of stores now specialize in eyewear just for kids, including JCPenney Optical. Kids should feel good about their new look!