



## Tips for keeping kids healthy at home

### EYE PROTECTION

Today your child learned about their eyes and taking care of them. Ask him or her about some of the words and facts we learned.

We talked about how we only get one set of eyes to last us our entire lives. It's important, therefore, to protect them. There are lots of ways we can take care of our eyes that will help them work better for us now and in the future.



1. Eat foods with a lot of beta carotene. Beta carotene is found in orange foods such as carrots, sweet potatoes and pumpkins. It helps keep your eyes strong and working well.
2. Give your eyes a break from the screen. Your eyes need rest just like the rest of your body does. When working on a computer or using other electronics with screens, take a break every 15 minutes or so.
3. Make sure you have enough light when doing activities that you need to look at an object closely, such as reading, writing or doing puzzles.
4. Protect your eyes from getting hurt when playing sports or doing other physical activities, such as swimming.
5. Protect your eyes from bright light and the sun.

Research has linked UV (ultraviolet) rays from the sun to eye problems. Problems range from temporary blindness to cataracts (cloudy vision).

Using the right kind of sunglasses can help prevent problems from UV rays. For the best protection look for at least 98 percent protection from both UVA and UVB rays.

Types of eye protection for different activities:

- **swimming:** swim goggles, especially in chlorinated water
- **outdoor cold weather sports** with lots of sun exposure (such as skiing or snowboarding): sport goggles with UV protection
- **outdoor warm weather sports** with lots of sun exposure (such as sailing or other water sports): sport or sun goggles with UV protection
- **contact sports** (such as basketball or soccer): sport goggles, if a prescription is needed
- **shooting sports, using power tools or doing science experiments:** protective safety glasses or goggles.

### AT HOME ACTIVITY

At home your whole family can practice the 20-20-20 rule to help your eyes stay healthy and feeling good. It's pretty simple: For every 15 to 20 minutes you are watching TV, playing video games, or on the computer, you need to look away at something at least 20 feet away for 20 seconds or more.

### SOUNDS OF SILENCE



Try this short listening activity as a family or with your friends. Close your eyes. Listen for several minutes to the sounds you hear in the room. Is it quiet when no one is talking? If not, what do you hear? After several minutes, open your eyes. With the other people in the room talk about or list the sounds you heard during the "quiet" activity.