

Weekly Chatter

**starting next week on 3/29/17, the name will be changed to "Parent Talk"

March is Save Your Vision Month

Digital Eye Strain Children and adults in the US spend an average of 7 hours per day using digital devices. **Overexposure to blue light** due to smartphones, tablets and other technology use for extended periods of time can cause **vision damage, sleep problems** and more.

To protect you and your family from digital eye strain

- Use (and teach your children to use) the **20-20-20 Rule**

- Arm your device: Many devices have **built-in features to filter out blue light** or you can use a third-party filtering app.
- Remind yourself and your children **not to get too close** to the screens, especially TVs, laptops and computers
- Make sure to **get eyes checked annually** for both the children and adults in your family

DID YOU KNOW?

Your child doesn't need to be able to talk or know their letters to have a sight test




Wearing glasses won't make your child's eyes worse


Children with learning difficulties are more likely to have problems with their vision






X3

If you're short-sighted, your child is 3 times more likely to be too; this increases to over 7 times when both parents are short-sighted


Spending time outside can help prevent short sight


It's important to protect your child's eyes from the sun. Make sure your child's sunglasses have UV protection and carry the British Standard (BS EN ISO 12312-1:2013) or CE mark

TOP TIPS

-  Looking after your child's eyes is as important as looking after the rest of their body
-  Children won't necessarily know (or tell you) if something is wrong with their eyes, so don't assume your child's eyesight is normal
-  If in doubt, get your child's eyes checked
-  Your optometrist is the eye expert on the high street – to find one local to you go to: www.lookafteryoureyes.org
-  Eye checks are free under the NHS for children under 16

Lazy Eye Prevention According to recently updated [guidelines](#) (1),

children between the ages of 3 and 5 should be **screened at least once for amblyopia** before turning 5 years old.

Early identification of amblyopia, commonly known as lazy eye, is critical because **vision can be permanently affected** if the condition isn't treated by the time a child is between 6 and 10 years old

With lazy eye, the **brain and one eye don't communicate properly**. Symptoms may include a wandering eye, eyes that don't seem to work together, or poor depth perception. Research [shows](#) (2), up to **6% preschool age children** have lazy eye or conditions that increase the risk of it, like crossed eyes and eyes that don't focus together properly.

Early identification allows the abnormality to be corrected while the brain is still developing, which **can prevent permanent vision loss**.

For more information

[A Short Guide to Your Child's Eyes](#) (infographic) (3)

[In the Dark on Blue Light?](#) (infographic) (4)

[How to Help Your Eyes Recover From Staring at Screens](#) (5)

1 <https://www.uspreventiveservicestaskforce.org/>

2 https://medlineplus.gov/news/fullstory_163837.html

3 <http://www.oranmoreopticians.ie/userfiles/images/Infographic.png>

4 http://www.aoa.org/Documents/2017_SYVM_Blue-Light_infographic_8-5x11.pdf

5 <http://www.theepochtimes.com/n3/2225277-how-to-help-your-eyes-recover-from-staring-at-screens/>

National Poison Prevention Week (March 19-25)



(click to zoom in) (6)

According to a recent [study](#) (7), the rates of children hospitalized from opioid poisoning has increased. While hospitalization rates for adolescents were high, toddler hospitalization rates more than doubled.

Medicines, cosmetics, and cleaning products are the **leading causes of poison exposures** among children under 6 years old.

For teens and preteens, **prescription drug abuse and the use of inhalants**-household products that are sniffed to get high-are causing growing concern in the US.



To prevent poisonings in your household

- **Dispose of unused, unneeded, or expired prescription drugs**
- Participate in [National Drug Take Back](#) (8) days - April 29, 2017
- **Keep chemical products in their original bottles or containers.** Do not use food containers such as cups, bottles, or jars to store chemical products such as cleaning solutions or beauty products.
- As soon as you finish using medicines or household products, **put them away** and out of sight in a cabinet **where a child cannot reach them.**

For more information

[Household Safety: Preventing Poisoning](#) (9)

[Poisonous plants in your house and yard](#) (10)

[Disposal of Unused Medicines: What You Should Know](#) (11)

6 https://aapcc.s3.amazonaws.com/files/library/NPPW_2015_Infographic.jpeg

7 <https://www.childrenshospitals.org/Newsroom/Childrens-Hospitals-Today/Articles/2017/02/Rate-of-Toddlers-Hospitalized-from-Opioid-Poisoning-on-the-Rise>

8 https://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html

9 <http://kidshealth.org/en/parents/safety-poisoning.html>

10 <https://www.cdc.gov/niosh/topics/plants/>

11 <https://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/UCM186187>

Transitioning to Parenthood

#WeeklyBlogPost

If couples are unprepared for and have unrealistic expectations of parenthood, research shows that marital satisfaction can decline when couples become parents.



For tips on preventing (or dealing with) a decline in marital satisfaction shortly after children are born,

[CLICK HERE](#) (12)

and **please, leave a comment!**

We love to hear from our readers and hope to receive your feedback!

Check [ACPeds.org/Blog](http://www.acpeds.org/Blog) each Monday for a new post. Click [here](#) (13) to subscribe.

12 <https://www.acpeds.org/transitioning-to-parenthood>

13 <http://acpeds.org/subscribe>



Don't hesitate to contact us with your questions and comments. We look forward to hearing from you.

Dear Member,

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We invite and encourage you to share the links to these Weekly Chatters on your practice website, on your social media pages, or in your patient newsletters for the benefit of patients & families. Pick and choose from the list of topics or post them all!

Thank you for helping us share information that serves the Best for Children.

Stay Connected

