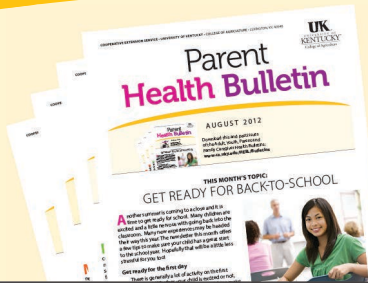


# Parent Health Bulletin

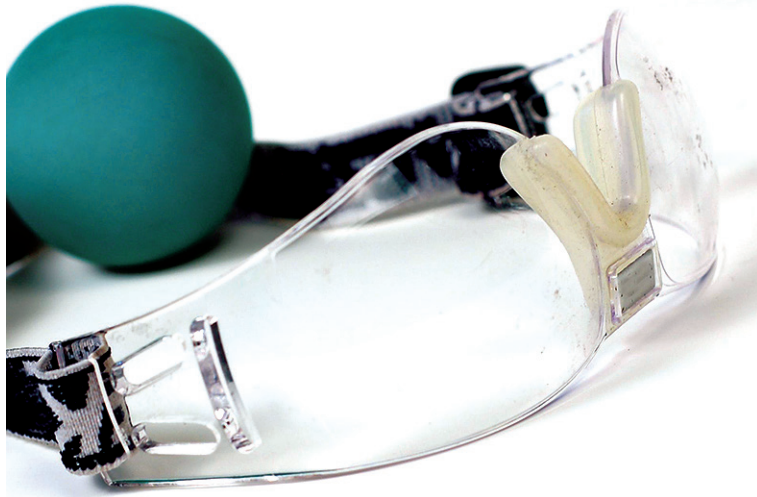


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## THIS MONTH'S TOPIC:

# KEEPING YOUR CHILD'S EYES SAFE



**D**oes your child play a sport? Sports are great for teaching a child the importance of discipline and hard work. When a child participates in sports, there is also a possibility of an injury. Younger children may have a little slower reaction time to events that happen on the field. This could lead to injury. In fact, there are thousands of sport and playtime eye injuries every year. For children between ages 11-14, most of the eye injuries are due to sports.

There is no doubt that the eye is amazing, but eyes are also very delicate. If an eye is injured, it is possible the injury could lead to blindness. If your child plays a sport, he or she may already be required to wear some sort of protective eyewear. In other sports, only certain players have to wear protective eyewear. Did you know that the use of protective eyewear would help avoid 90 percent of sports related injuries to

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# There are thousands of sport and playtime eye injuries every year.



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the eyes? If the coach suggests that your child wear something to protect his or her eyes — be sure to listen.

For all ages, there are three sports where eye injuries most commonly occur: baseball/softball, basketball and racquet sports, such as squash, badminton and table tennis. For children who are age 14 and younger, baseball is the leading sport for eye injuries. For children age 15 and up, basketball is the most common sport for eye injuries. Boys were more likely to have eye injuries that needed doctor treatment. Boys, between the ages of 11-15, are five times more likely than girls of the same age to experience an eye injury.

*Did you know that the use of protective eyewear would help avoid 90 percent of sports related injuries to the eyes?*

## What should you do if your child is hit in the eye by a ball?

If your child is hit in the eye by a ball, put a cold cloth on the eye for at least 15 minutes. This will help keep the injured eye from hurting quite so much and

help the swelling go down. Take your child to see a healthcare provider. A healthcare provider will be able to check the eye injury.

## About protective eyewear

If your child needs sports protective eyewear, make sure you get the proper protection. Protective eyewear should be made out of polycarbonate lenses. Talk to your healthcare provider to be sure you are getting the right kind of protection for your child. If your child wears glasses on a regular basis, he or she may need to get special lenses. Regular glasses usually do not offer enough protection during sport activities.

If your kids are involved in sports, make sure they stay safe. Helmets are commonly seen out on the field, but having protected eyes is important too!

### SOURCES:

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Parent  
Health Bulletin

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