

OPTHOPATCH[®]

FUN & UNIQUE EYE PATCHES FOR KIDS

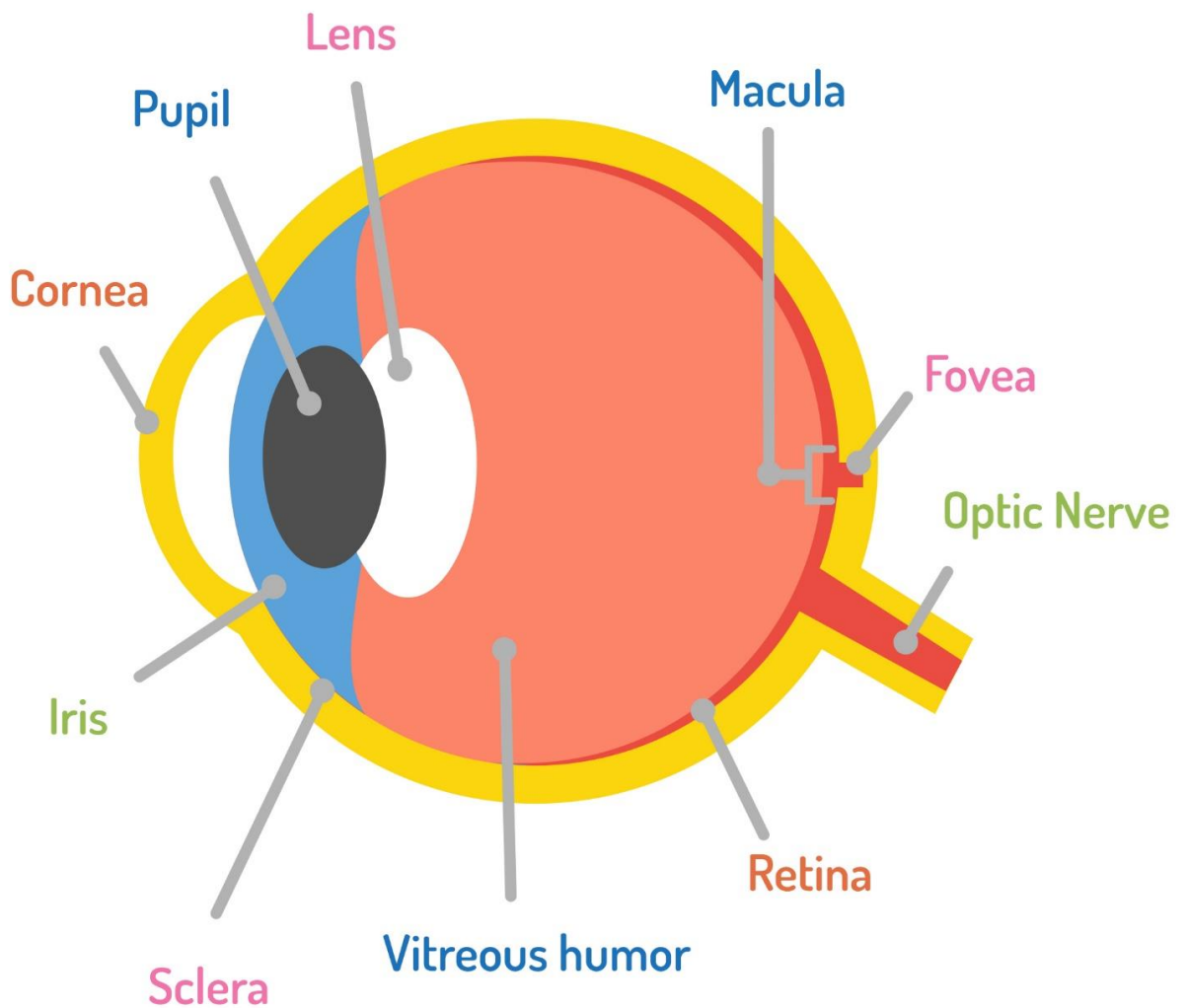
EYE

KNOWLEDGE

**VISION TRIVIA, TIPS, AND
FREE EYE EXERCISES**



THE VISUAL SYSTEM



Macula (MACK-yoo-luh)

is the small, sensitive area of the retina needed for central vision. It contains the fovea.

Fovea (FOH-vee-uh)

is the center of the macula, where your vision is sharpest.

Optic nerve (OP-tic nurv)

is the bundle of more than 1 million nerve fibers that carry visual messages from the retina to the brain.

Retina (REH-tin-uh)

is the light-sensitive tissue lining the back of the eyeball. It sends electrical impulses through the optic nerve to the brain.

Vitreous humor (VIT-ree-us HY00-mer)

is the clear gel that fills the inside of the eye.

Sclera (SKLEH-ruh)

is the white outer coating of the eye.

Iris

is the colored part of the eye. It regulates the amount of light entering the eye through the pupil.

Cornea (KOR-nee-uh)

is the clear dome covering the front of your eye. It helps your eye focus light so things look sharp and clear.

Pupil (PY00-pul)

is the opening at the center of the iris. The iris adjusts the size of the pupil and controls the amount of light that can enter the eye.

Lens

is the clear part of the eye behind the iris that helps to focus light on the retina. It allows the eye to focus on both far and near objects.



COMMON EYE PROBLEMS IN CHILDREN

From birth until the age of 4, a child's vision is continuously developing and can be vulnerable to eye disease. These years are crucial for developing healthy vision and the skills needed for learning and interacting with others.

So what are the most common eye problems in children? How can you recognize the symptoms of eye disorders in your toddler? This guide will help you understand how to keep your child's visual development on track.

Conjunctivitis (Pink Eye)

Conjunctivitis, also known as Pink Eye, is extremely common in children. There are three different types of conjunctivitis, which have varying causes:

- + Bacterial conjunctivitis is caused by bacteria, and can cause serious damage to the eye if not treated.
- + Viral conjunctivitis is caused by viruses, such as the common cold.
- + Allergic conjunctivitis is caused by irritants such as pet dander, mold and pollen. It can flare up during seasons when your toddler experiences allergies.
- + A child's eyes may be red, itchy, teary or have a sticky discharge. Keep your child home from school if they have contagious pink eye. Pink eye usually goes away on its own within a week and you can manage symptoms at home, but consulting an eye doctor is always best.



Amblyopia

also known as lazy eye, is a condition in which one or both eyes do not develop normal vision due to various factors that cause the visual part of the brain to function abnormally. This weakens the eye and can lead to long-term vision problems. If recognized early, amblyopia generally responds well to treatment. Amblyopia therapy can include glasses, patching, eye drops, and sometimes surgery.

Strabismus (misaligned or crossed eyes)

also known as crossed eyes, happens in about 4 out of 100 children. One eye may look straight ahead while the other turns in, out, up or down.



Normal

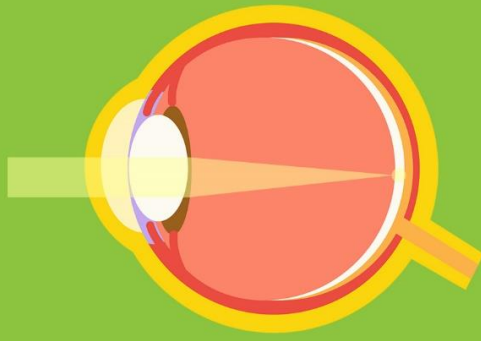
KINDS OF STRABISMUS



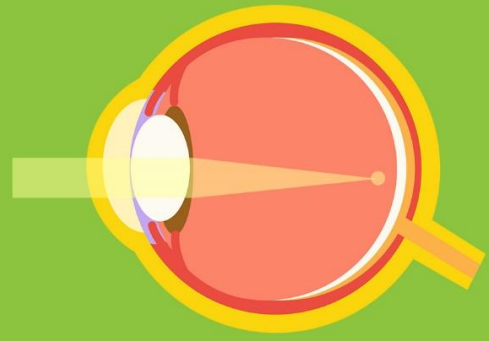
Exotropia



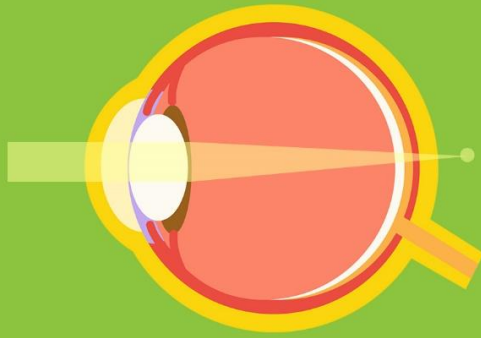
Esotropia



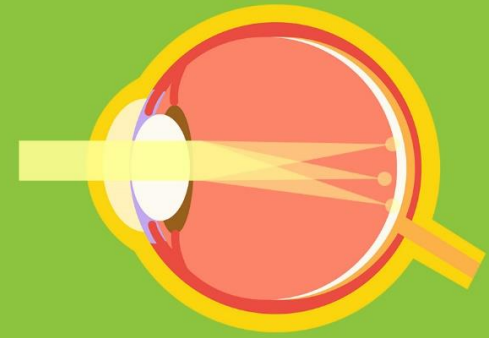
Normal Vision



Myopia



Hyperopia



Astigmatism

Refractive errors

such as astigmatism, hyperopia (farsightedness) and myopia (nearsightedness) are very common among toddlers and children. If a child does not see correctly for long enough, they can lose vision and get a “lazy eye.” Correct your child’s refractive error with the right prescription glasses.



SPOTTING EYE PROBLEMS IN TODDLERS

Vision problems like the ones listed above are common in toddlers and it is important for you, as a parent, to be able to identify the signs and symptoms of eye problems in your toddler as early as possible.

Signs that a child may have vision problems include:

- + constant eye rubbing
- + extreme light sensitivity
- + poor focusing
- + poor visual tracking (following an object)
- + abnormal alignment or movement of the eyes (after 6 months of age)
- + chronic redness of the eyes
- + chronic tearing of the eyes
- + a white pupil instead of black





In school-age children, other signs to watch for include:

- + unable to see objects at a distance
- + having trouble reading the blackboard
- + squinting
- + difficulty reading
- + sitting too close to the TV

These symptoms may seem insignificant at first, but they could indicate bigger problems. Maintaining your toddler's visual health involves taking safety precautions, recognizing the symptoms of eye problems and knowing when to consult an eye doctor for potential treatment. Untreated infection, refractive error and misaligned eyes can harm vision. By finding and treating problems early, healthy vision can develop.

If you are concerned that your child might be experiencing any of these symptoms, we highly encourage you to schedule an appointment with your eye doctor for a thorough eye examination. And make it sooner than later.

EYE HEALTH TIPS



Discourage eye rubbing

Eat a rainbow of colorful fruits and vegetables



Limit screen time or practice the 20-20-20 rule.

Don't skip vision screenings



Say no to smoking





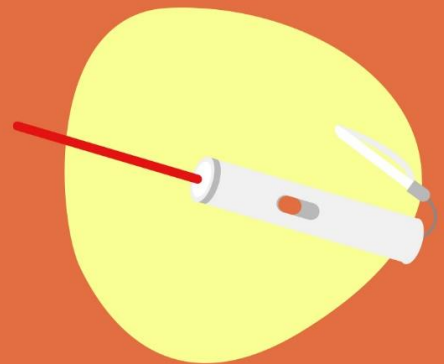
Always have your child wear eye protection especially when playing sports

Maintain good hygiene to keep the germs away



Encourage outdoor activities

Get rid of unsafe toys



Keep toddlers away from cleaning products

VISION TRIVIA



It is impossible to close your eyes when you sneeze.



Your eyes lie in bony sockets that protect them from getting hit.

We spend about 10% of our waking hours with our eyes closed, blinking.



Eyelids close to keep harsh light and harmful objects out.



Our eyes close automatically to protect us from perceived danger.



Eyelashes help catch dust and debris before they get into your eyes.



80% of what we learn is through our eyes.

Your eyes can detect 10 million colors.



The human eye can distinguish more shades of green than any other color.





OPTHOPATCH®

FUN & UNIQUE EYE PATCHES FOR KIDS

Designed by a family of eye doctors who are dedicated to treating children's eye conditions such as Amblyopia (lazy eye) and Strabismus (cross-eye).

Created to fit like a glove so kids can still get the treatment they need while enjoying the activities they love.



Series 1



Series 2



Color Your Own



Made from hypoallergenic and non-woven cotton material allowing the skin to breathe, with extra sensitive adhesive making it safe and gentle on your child's face, and custom-designed patterns making them fun to wear!

Each patch has a blackout protection layer to keep the light out and each box comes with a colorful rewards chart that helps track daily the patches that are worn paired with corresponding prizes to encourage a habit of patching.

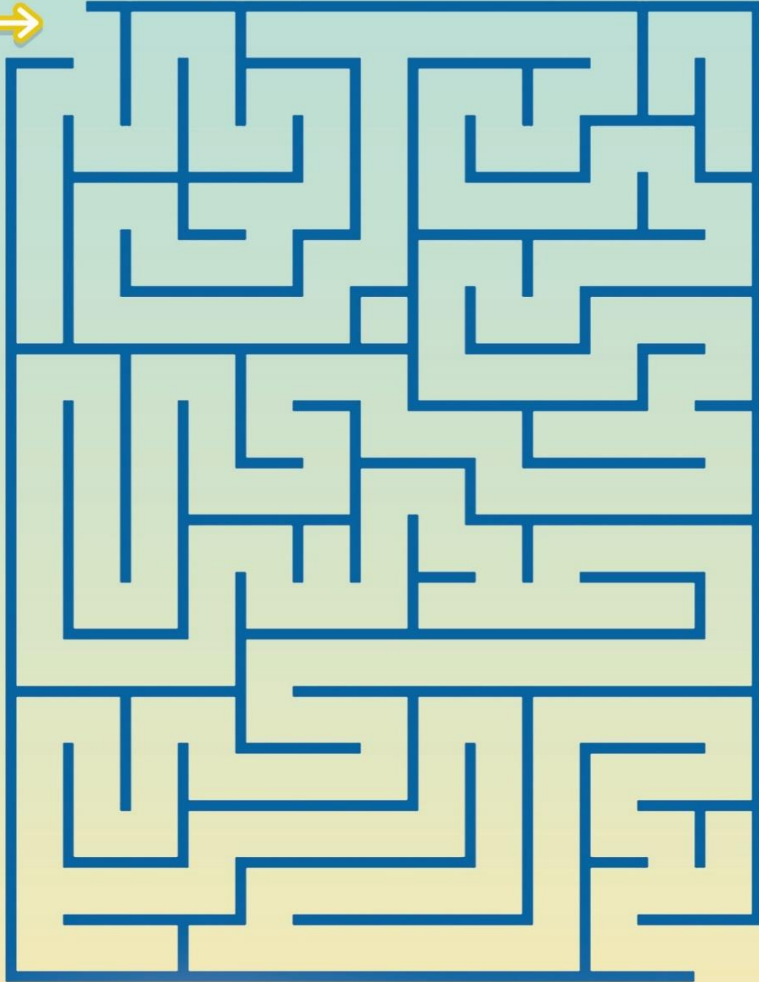
Ophthopatch eye patches are doctor-recommended and proven to be highly effective and fun for all children!



HELP THE BEE TO GET
TO THE SUNFLOWERS



START →
HERE

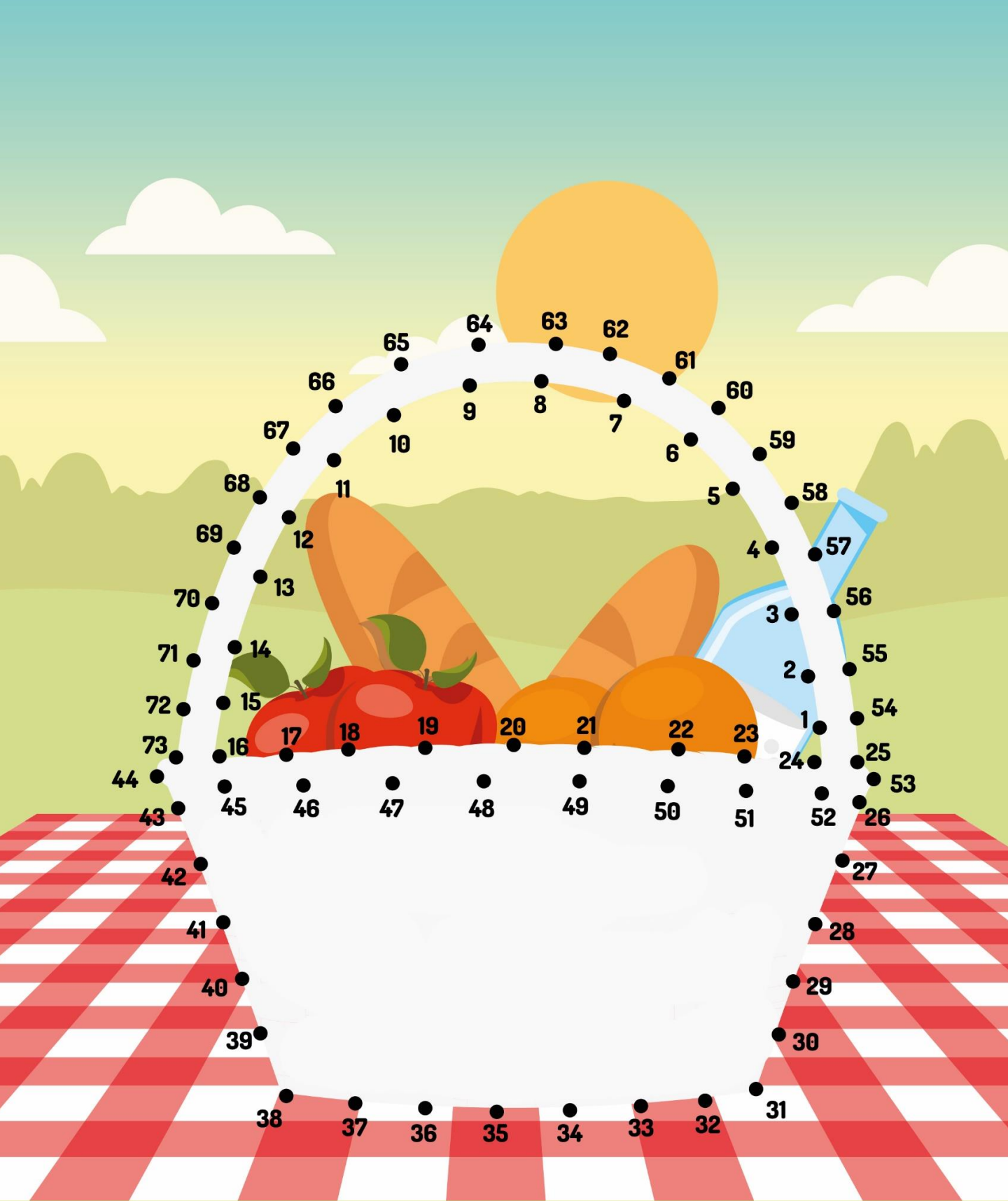


FINISH





**COMPLETE THE PICTURE
BY COLORING**



CONNECT AND COLOR THE PICNIC BASKET

CONNECT AND COLOR THE PLAYGROUND



**CHOOSE THE
RIGHT STRING**

