

Make Healthier Vision Your Mission

Bring your child out for at least 2 hours of outdoor play daily

Here are some tips in cultivating good eye care habits from young:

Spend less time on near work*



Take frequent breaks by looking at distant objects



Go for regular eye checks at least once a year



* Refers to activities that are done at a close distance

DID YOU KNOW?

More than **60%** of Singapore students have myopia by the age of 12 years

High myopia can lead to severe health issues such as glaucoma or even severe blindness



Instead of engaging in near work, you and your child can...

- Go cycling at the park.
- Build sandcastles at the beach.
- Play a game of frisbee at an outdoor open space.



Other options to control the progression of myopia in your child**:

- Atropine drops
- Myopia control lenses
- Soft Multifocal Lenses
- Ortho-Keratology Lenses

** To consult an eye doctor or optometrist for more information



Scan to find out more at
Parent Hub
go.gov.sg/info-ph-17