



NORTHERN MINNESOTA EYE CARE

ASK THE OPTOMETRIST

HOW IMPORTANT IS GOOD VISION TO LEARNING?

Good vision is an important part of education. Many experts believe 80 percent of learning is done through a child's eyes. Reading, computer usage and chalkboard work are all visual tasks students perform every day. A child's eyes are always in use in the classroom. Therefore, when a child's vision is not working properly learning and class participation will suffer.

WHAT IS GOOD VISION?

Good vision includes visual acuity, eye health, visual integration and visual skills such as eye teaming, eye focusing and eye motility.

- Visual acuity – the ability of the eyes to see and distinguish fine details, the clarity of vision
- Visual integration – the ability to process and integrate visual information so we can understand what we see
- Eye teaming – the ability of the eyes to work properly together
- Eye focusing – the ability of the eyes to easily focus and shift focus to near and distant points.
- Eye motility – the eyes ability to move together

According to the National Center for Health Statistics, 20-25 percent of children entering school have significant vision problems that can affect their development and progress in school. And, 70 percent of school-age children who have a learning disability in reading have some form of visual impairment.

Make an appointment with an optometrist today at Northern Minnesota Eye Care for an eye exam.

**Appointments available Monday, Wednesday, Friday from 9:00 - 4:00
Thursday from 9:00 - 6:00**

Walk-ins also available. Most insurances are accepted.

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