Suggested Newsletter Inserts for Elementary Schools

Growth and Development - Vision

**Eye Exams: Free for Kids!**

Eye exams are covered by OHIP for children in Ontario, which means it’s free to get an eye exam for your child. Vision problems are common in school-aged children but it’s not always easy for parents to know if their child has trouble seeing. Having vision problems can make it harder for kids to learn, play sports or do every day activities. Children should have an eye exam before starting kindergarten, and then yearly exams after that.

Worried about the cost of glasses? Some optometrists in our area participate in the *I See, I Learn* program. This program provides free eyeglasses to children in junior kindergarten. Find out more by visiting [www.optom.on.ca](http://www.optom.on.ca).

Suggested Newsletter Inserts for Secondary Schools

Growth and Development – Vision

Having vision problems can make it harder for kids to learn, play sports or do every day activities. Eye exams are covered (free) by OHIP for children in Ontario. Children should have an eye exam yearly.