

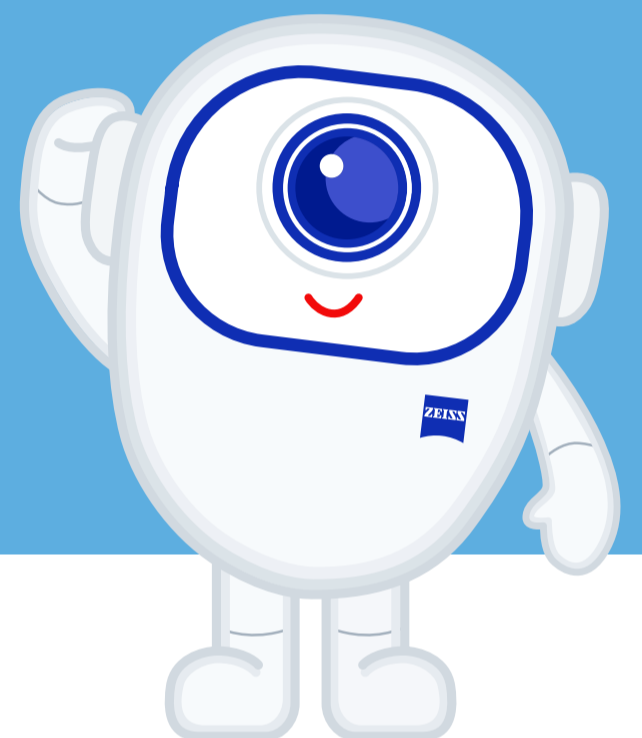


Seeing beyond

Eye health and good vision for children.

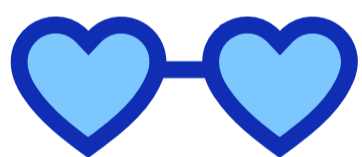
Hi there, I'm Pupillo!

I'm here to help kids learn about their eye health.



Don't worry! Kids don't see the way adults do, their eyes and vision are still developing. But if parents notice things like frequent squinting or problems seeing distant objects, they should consult an expert.

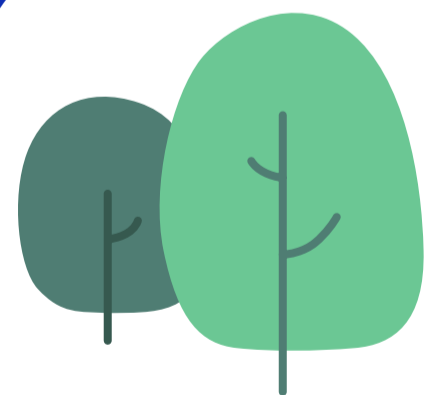
Tips to maintain great vision:



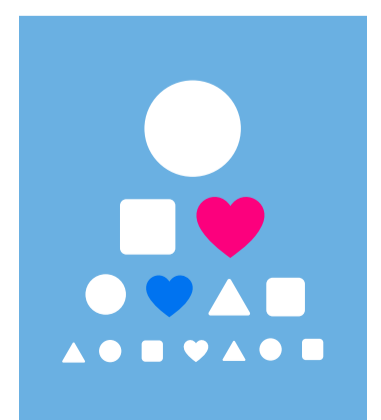
1. **UV protection** with sunglasses, clear lenses with full UV protection and hats.



2. **Outdoor time** for healthy eye development, at least two hours daily.



3. **Less screen time** is beneficial for general wellbeing and normal eye growth.



4. **Regular vision screenings** and eye checks from three years on.

