## Eye on Success at Bridgeport Elementary Schools October 2015



**Is your Bridgeport elementary student playing safe?** Outdoor games and sports are a fun and exciting part of most children's lives. Whether playing catch in the back yard or playing team sports at school, vision plays an important role in how well your child performs.

## Can your child:

Throw a ball into a hoop? (see from far away)

See a ball from a distance? (depth perception)

See a ball coming from the side? (wide field of vision)

Catch a ball? (hand-eye coordination)

If your child seems to be lacking in one or more of these vision skills, please call your local optometrist office and schedule an eye exam for your child today. Please make sure your children wear protective eyewear whenever playing sports. Students need to use sports eyewear that is made for that sport. Your optometrist can give you specific sports eyewear to give the protection needed.

