

# THE CHATTER

Oral Health Advice from Delta Dental of Arkansas

## Vision Tips for Kids

We talk a lot about teeth, but it's also important to watch out for vision health, especially in children. In fact, 1 in 4 school-age children has vision problems that can affect learning, personality and school performance. Follow these tips to spot common eye and vision problems.

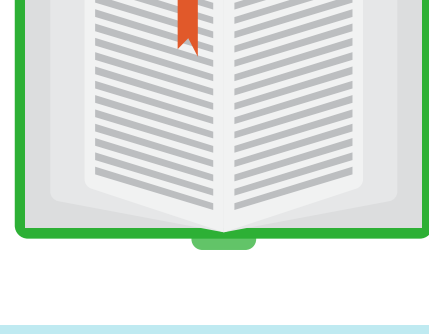


### Watch for these signs of possible vision problems

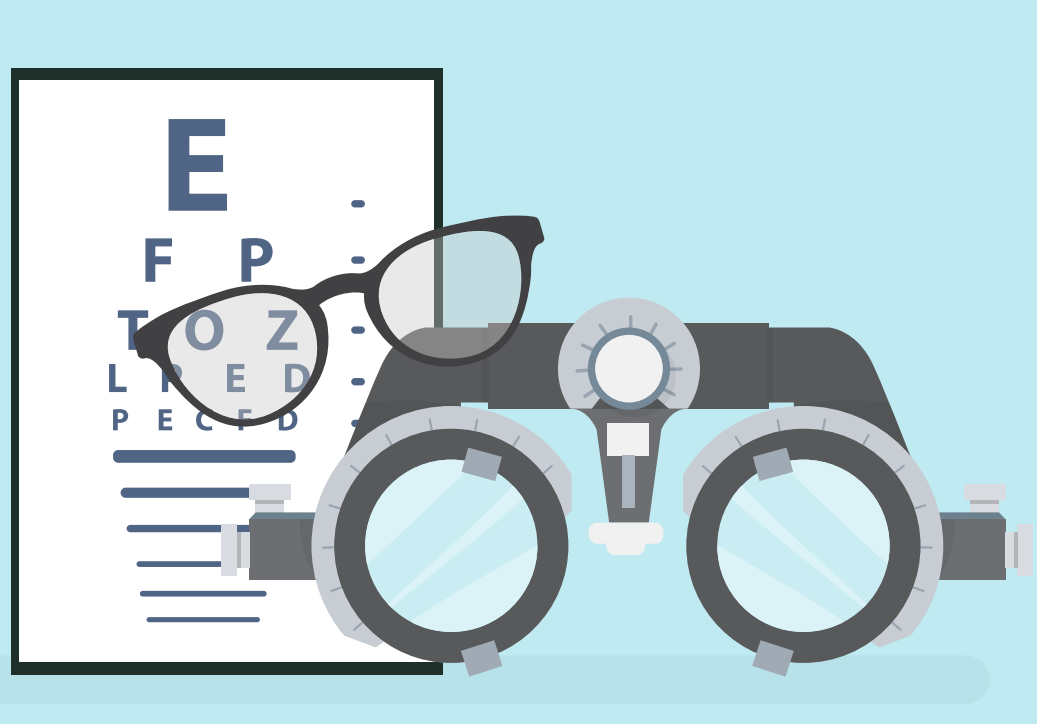
- Constant eye rubbing
- Extreme light sensitivity
- Poor focusing
- Poor visual tracking (following an object with the eyes)
- Abnormal alignment or movement of the eyes after 6 months of age
- Constant redness or tears
- A white pupil (instead of black)



- Trouble reading the board
- Squinting
- Difficulty reading, like confusing or reversing similar words
- Sitting too close to the TV
- Behavioral problems, like inattentiveness, short attention span and acting out



**Nearly 80% of learning occurs through vision**



## How to protect kids' eyes

- Schedule annual eye exams
- Use sunglasses to prevent damage to eyes from UV light
- Purchase protective eye goggles and shields to avoid sports injuries
- Limit screen time to avoid digital eye strain
- Buy kid-friendly eyeglasses with plastic frames, shatterproof lenses, etc.

Ask your provider for age-appropriate recommendations.



Source: Prevent Blindness America, American Optometric Association

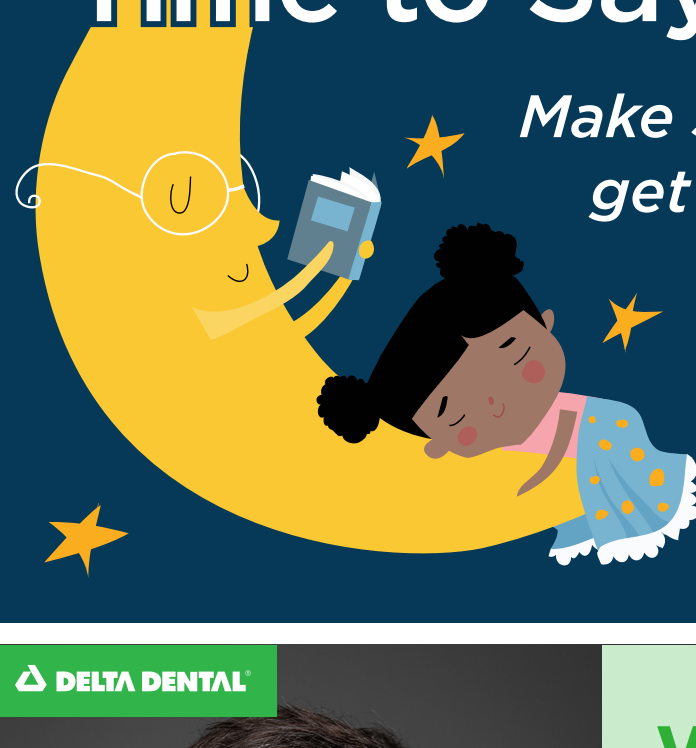
Did you know Delta Dental of Arkansas also offers affordable vision coverage for your family?

As a dental member, you can add low-cost vision to your plan and access Superior Vision's nationwide network of eyecare providers.

[LEARN MORE](#)

### Time to Say Good Night

*Make sure your kids (and you) get adequate zzz's at night.*



Staying up late night after night for homework, screen time or even family activities can affect your overall eye health. Your eyes need sufficient sleep to rest and recover.

### Welcome, Madam President and CEO!

*Kristin Merlo is taking the helm at Delta Dental of Arkansas on Sept. 29.*

Kristin is only the third CEO in our almost 40-year history — a testament to the stability of our company. A seasoned sales, marketing and leadership professional, she previously served in senior executive roles at Delta Dental of Virginia and Delta Dental of Washington. She succeeds Ed Choate who announced his retirement earlier this year.

### Your video is gonna be way better than mine — No, yours.

A friendly competition between Delta Dental of Arkansas Foundation Executive Director Chrissy Chatham and Board Chair Tamika Edwards launched the Foundation's first annual Community Benefits Report.

*No need to judge — they both did great.*



See and read for yourself how many underserved Arkansans benefited from the Foundation's financial support in 2020.

