



HOW TO USE VISION SCREENING KIT

1. Introduce the Characters:



Mr. Mole

Known for his keen sense of feeling around due to poor eyesight, but he's learning about eye health to see better.



Mr. Eagle

Known for his excellent vision, because he's always outdoors.



Doc Chimp


The friendly doctor who helps his friends with their eye care and teaches us how we can have healthy eyes.

2. Explain Good Eye Health - Read the Story:

Teach children the importance of regular eye check-ups, balanced screen time, outdoor activities, and proper lighting when reading or doing homework. Use the storybook for assistance! It will help emphasise the importance of good eye health.

3. Set up the Vision Chart:

Stick or hang the vision chart. Use the sunboard for hanging on surfaces or placing on a counter for firmer support. Hang the chart at eye level in a well-lit area. Measure 10 feet from a wall with no windows, and place a chair at this point. Use tape to mark a line at this point (10 feet from the chart).



4. Conduct the Vision Test:

- Have the child stand or sit on a chair at the 10-foot line (which will be marked using a tape), ensuring the chart is at their eye level.
- Cover one eye with the occluder provided and read till the smallest line they can see. Ensure the child doesn't peek.
- If the child wears glasses, conduct the test with glasses on. Cover one eye with the hand instead of the occluder and then alternate.
- Two people are needed: one to point at the characters on the chart and one to assist the child in identifying the characters.
- Repeat the process with the other eye.
- Results: If the child can clearly read the last line, they have 6/6 vision. If not, advise visiting an optometrist for a full eye examination.

5. Provide Take-Home Materials:

Give each child their take-home material featuring our mascot, Mr. Mole. Encourage parents to conduct regular vision checks at home.



Importance of the Kit:

This vision screening kit is essential for raising awareness about eye health among children and their parents. Regular vision checks and good eye health habits can prevent and manage conditions like myopia. By making the process engaging and educational, S.R.Gopal Rao Opticians & Optometrists aims to instill the importance of eye care in children from a young age. The kit serves as a fun, interactive, and informative tool that helps children and parents understand and prioritise vision health.

