



Sunglasses Are Cool!

The sun produces ultraviolet (UV) rays that can damage the eyes. These rays are particularly damaging for infants and children under age 10 because their eyes are more sensitive. Overexposure can increase the chances of developing eye disease, including cataracts.

Teach children that it is best to look away from the sun or other bright lights. Wearing sunglasses is another way to help protect the eyes. Sunglasses do not have to be expensive to be protective.

- ✓ Choose sunglasses labeled "100% UV protection" to protect against both UVA and UVB rays.
- ✓ If your child wears prescription eyeglasses, ask your eye care professional if the lenses have UV protective coating. If not, then ask for UV protective clip-on sun lenses.
- ✓ The color or darkness of the lens does not affect UV protection. Help your child choose sunglasses in a color and darkness that he likes; but you should also look through the lenses before buying them. Some colors affect the way the eye sees colors, brightness, and contrast.
- ✓ Lenses should be impact resistant. The safest are polycarbonate lenses which are lightweight, very impact resistant, and include UV protection.
- ✓ Choose sunglasses that are lightweight and fit your child's face properly. Sunglasses that are too heavy are uncomfortable and can change the shape of a child's nose.
- ✓ Choose frames that are strong and durable, especially if your child is active or plays sports. Consider purchasing sports goggles which help protect the child's eyes from injuries and can double as sunglasses.

Toddlers may want sunglasses in bright colors or animal shapes. Older children may prefer sunglasses similar to adult styles--sophisticated and trendy.