

Social Media Toolkit

August 2021

Eye Exams & Dental Care, COVID-19 Vaccines

FACEBOOK

Eye Exams

The American Optometric Association recommends scheduling your baby's first eye exam around 6 months of age. The InfantSEE® program helps you to find participating optometrists that provide an infant eye exam between 6 and 12 months of age free of charge. Find a participating optometrist near you: <https://infantsee.org/>

Amblyopia, sometimes called 'lazy eye', means the vision is poor in one eye. The Ohio Amblyope Registry is the first and only statewide program in the United States designed to serve the needs of children with amblyopia. It provides free eye patches for treatment and other important services to help children with amblyopia. Learn more: <https://bit.ly/3rAn7DP>

Vision screening is a very important way to identify problems. During an exam, the doctor looks for eye disease and checks to see if the eyes are working properly. The American Academy of Ophthalmology and the American Academy of Pediatrics recommends that children have their eyes checked by a pediatrician regularly. <https://bit.ly/3iSq2nh>

What can babies see? A baby's vision develops quickly during the first year of life. Newborns can see large shapes and faces, as well as bright colors. By the time your child is 12 months old, their vision reaches normal adult levels. <https://bit.ly/3776m9T>

What are some of the warning signs of a vision problem? Eye exams by your child's doctor are an important way to identify problems with your child's vision. Problems that are found early have a better chance of being treated successfully. <https://bit.ly/3x70acC>

Do children need sunglasses? Yes! Children are at special risk from the harmful effects of UV rays, since their eyes do not have the same ability as adults to protect from UV radiation. Here are some helpful suggestions for choosing sunglasses for children: <https://bit.ly/3kXwFRH>

Encourage healthy screen habits for your children! Too much screen time can lead to vision problems in children. Find tips for healthy screen habits here: <https://bit.ly/3y9TD1V>

Dental Care

Healthy teeth and gums are very important to the health of your child. Teeth must be cleaned to remove food and plaque. Find out how you can help take care of your child's teeth by brushing properly and using dental floss. <https://bit.ly/3f0njar>

Everyone knows dental care is important for children and adults, but what about baby teeth? Dentists tell us that teeth and gum care should begin even before the first baby tooth appears. Here's how to care for your baby's teeth and gums: <https://bit.ly/3rChXad>

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Helping your kids get in the habit of brushing twice a day is key to a lifetime of healthy smiles. What better way to make brushing fun than bringing a beat into your bathroom? Here are some of our favorite family-friendly songs to brush by: <https://bit.ly/3BMpPL1>

There are many ways to prevent kids tooth decay, like eating healthy, going to the dentist regularly, and using fluoride toothpaste. Check out the ways to keep your child's teeth healthy here: <https://bit.ly/3y38J9v>

For healthier teeth, good breath, and fewer cavities, help your kids brush their teeth for 2 minutes, twice a day. The Partnership for Healthy Mouths, Healthy Lives recommends that you help or watch over your kids' brushing until they're 8 years old. <https://bit.ly/3rA7MmK>

Healthy gums and teeth are important to your child's overall health. Once your child has a tooth, your doctor may recommend that your child receive fluoride varnish treatments in the pediatrician's office to help prevent tooth decay. <https://bit.ly/2WvfOSx>

COVID-19 Vaccines

**Please be aware that social media posts about immunizations may result in some negative comments from parents/followers*

Protect yourself, your family, and your community with the COVID-19 vaccine. Long-term protection from COVID-19 beats possible short-term side effects. While many people don't get side effects after the shot, some people develop side effects. This is normal and means the body is building immunity against COVID-19. <https://bit.ly/2SAbFec>

The COVID-19 vaccines teach your body's immune system how to recognize and fight the virus that causes COVID-19 without having to use any form of the virus. You cannot get COVID-19 from the COVID-19 vaccine. The COVID-19 is our shot to for a healthier tomorrow. We can end this pandemic. Together. Learn. Understand. Decide. <https://bit.ly/2SAbFec>

The Allergy & Asthma Network has created a Shared Decision-Making tool for individuals experiencing concern about the COVID-19 vaccine. It will help you and your clinician decide what's best for you and your family. Start here: <https://bit.ly/3i9eIEI>

Back to School

The #OHSAA (Ohio High School Athletic Association) has some eligibility requirements for participation before your kids return to sports this fall. Make sure to schedule your annual well check with your doctor, where you will also get a sports physical done. [EligibilityGuideHS.pdf \(windows.net\)](#)

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TWITTER

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