

Keep Your Child's Eyes Happy and Healthy!

Protect

- Attend scheduled well-baby visits
- No screen time for children 18 months and younger
- Include fruits, vegetables and nuts in your child's diet

Warning Signs

- Family history of vision problems
- Your child says they can not see or are squinting
- If both your child's eyes are not centered when they look straight ahead

Take Action

The University of Arizona Cooperative Extension offers **FREE** vision screenings for children younger than 5 years old.

Schedule your appointment today by visiting (<https://tinyurl.com/UACEDSS>) and contacting staff in your area.



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Keep Your Child's Ears Happy and Healthy!

Protect

- Attend scheduled well-baby visits
- When bottle feeding, hold your baby at a 45° angle
- Keep your baby away from loud noises, including music

Warning Signs

- Your baby does not turn around after calling their name
- Your baby has frequent ear infections
- Your family has a history of hearing issues

Take Action

The University of Arizona Cooperative Extension offers **FREE** hearing screenings for children younger than 5 years old.

Schedule your appointment today by visiting (<https://tinyurl.com/UACEDSS>) and contacting staff in your area.



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