

## December is Safe Toys Month

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## Happy Holidays!!!



## Here's What Eye Doctors are Buying for Their Kids This Holiday Season

Eye Doctors have long cautioned against purchasing toys that pose a danger to children's eyes. This year we're adding digital devices to our usual list of BB guns, Nerf guns, and slingshots. That's because evidence is mounting that too much screen time and not enough time outside may be behind the recent rise in nearsightedness in children. We know reducing screen time has been especially challenging for parents during the pandemic. To help, the Eye Centers of Northwest Ohio and the American Academy of Ophthalmology released a screen-free holiday gift guide focused on healthy kids and healthy eyes.

"As a parent, I know how hard it is to limit screen time, but several new studies conducted during the pandemic show increased time on digital devices for online learning and entertainment may be causing an increase in nearsightedness among children," said Dianna Seldomridge, MD, clinical spokesperson for the American Academy of Ophthalmology. "So, in addition to cautioning parents to avoid toys with sharp, protruding or projectile parts, we're asking parents to consider gifts that encourage kids to step away from their screens."

So, skip the blue light-blocking glasses and buy your child something that will finally get them off their screens. Here are some eye doctor-approved gift ideas:

## No Vision Insurance, No Problem, Join our Membership Program today!

[www.eyecentersofnwo.com/members-portal](http://www.eyecentersofnwo.com/members-portal)



## We Now Have Paperless Check-In Available



Follow the link that we text to you the day before your appointment

**Courtesy: The American Academy of Ophthalmology**  
[www.aao.org/](http://www.aao.org/)

- **Arts & crafts supplies for all ages.** Get their creative juices flowing with paint sets, coloring books, easels, jewelry beads for younger kids or knitting/sewing kits for older kids. Just make sure to check the recommended age group on each before buying.
- **Outdoor inspired gifts.** Sports equipment like snow gear, roller skates, hiking boots, or the classic bicycle gift are all good ways to encourage healthy outdoor play. Have a kid athlete in your life? Get them the right protective eyewear for their sport of choice. For skiers or snowboarders, that means UV-protected goggles — cold weather does not shield the eyes from the sun!
- **Educational games.** As your toddler's hand-eye coordination and fine motor skills naturally develop, toys such as building blocks or puzzles become easier to use. Age-appropriate board games for learning how to count, tell time, memory games, and other educational themes are good options. For older kids, find classic board games in foreign languages — such as Guess Who or Scrabble — to practice basic language questions and grammar.
- **Social card games.** These are great for getting teens away from their phones and interacting with friends and family.
- **Ugly produce subscriptions boxes.** These services deliver good produce not being sold on farms for cosmetic reasons straight to your door. Cook a meal together as a family or set your master chef teen up for success with these nutritious ingredients.

For more information about the rise in nearsightedness in children, watch the Academy's YouTube video. [Academy's YouTube video.](#)

## Here's How To Open a Champagne Bottle Without Hurting Your Eye

Before you pop a bottle of Champagne this holiday season, learn how to do it safely. A warm bottle of champagne coupled with poor technique can send a cork flying up to 50 mph; powerful enough to shatter glass and eyeballs. Exploding corks can cause a wide range of eye injuries, from cuts and bruises to cataracts, glaucoma, and ruptured eyeballs. Cork-related eye injuries are avoidable. Follow these tips:

1. Chill the Champagne before opening. Gas found in Champagne expands when warm and can cause the cork to pop unexpectedly.
2. Don't shake the bottle. This can also cause the bottle to burst unexpectedly and cause an injury.
3. When opening, tear off the foil, remove the wire hood and point the bottle at a 45-degree angle away from yourself and any bystanders.
4. Place a towel over the top of the bottle and grasp the cork.
5. Slowly and firmly twist the bottle, not the cork. Press down on the cork while twisting the bottle. Do this until the pressure in the bottle begins to push the cork out naturally.



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## Don't Shoot Your Eye Out!

Champagne corks can fly 50 mph toward your eye if you're not careful.

### 1 Chill

Prevent pressure buildup.



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### 2 Point away from people

Don't shake.



### 3 Press and twist

Hear a gentle puff, not a loud pop.



[aao.org/eyesmart](http://aao.org/eyesmart)

If injury does occur, please call us!

## Holiday Closing

### Fremont Office:

December 23<sup>rd</sup> – December 25<sup>th</sup> CLOSED  
December 30<sup>th</sup> – January 1<sup>st</sup> CLOSED

### Fostoria Office:

December 19<sup>th</sup> CLOSED  
December 23<sup>rd</sup> – December 26<sup>th</sup> CLOSED  
December 30<sup>th</sup> – January 1<sup>st</sup> CLOSED



You can donate until December 1<sup>st</sup> at either office.