



5 Ways to Be Proactive About Your Child's Eye Health

Thursday, August 26 | 12:00 - 1:00 pm PT
Live Webinar

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Your child's eyesight and visual development will go through many changes from birth through their teen years. Although these developments occur at a different rate for each child, there are ways to make sure your child's eye health is on target. Palo Alto Medical Foundation pediatric ophthalmologist, **Carol Winton, M.D.**, will share how you can play an active role in ensuring optimal eye health for your child.

We will discuss:

- Regular screening exams.
- How diet can affect vision.
- Warning signs of potential vision problems.
- Protective eyewear for prevention.
- Computer Vision Syndrome and the importance of frequent screen breaks.



Carol Winton, M.D., is a pediatric ophthalmologist at Palo Alto Medical Foundation (PAMF) and has 27 years of experience combating childhood eye disease. Her background includes surgery, teaching ophthalmology residents and working as a clinician. Carol brings her lifelong interest in mindfulness and whole body wellness to her practice. She has received teaching certificates from Deepak Chopra, M.D., and multiple yoga and mindfulness-based training centers.