

# How Well Can Your Child See?



## Did you know 80% of learning occurs through the eyes?

Ensuring your child has good vision is crucial to successful learning and overall healthy development.

## Excellence in school starts with excellent vision

A school-age child's eyes are constantly in use in the classroom and at play. School-aged children require:

- Clear vision, at distance and up close
- The ability to maintain focus at any distance
- Good focusing flexibility to allow rapid change from one distance to another
- Eye-teaming skills, including control of eye position, movement and tracking
- Peripheral vision and eye-hand coordination

If any of the above visual skills are impaired, your child may have to work harder in the classroom to learn. As a result, they may develop physical symptoms like headaches and irritability, or behavioral symptoms like avoidance and inattention.

Some schools offer vision screenings. However, these are not a substitute for a comprehensive eye exam by a Doctor of Optometry since it involves only a limited number of tests that cannot detect all eye problems. In fact, **as many as 43% of children with vision problems are able to pass a screening.**

## Signs & Symptoms

**Be alert for symptoms.** Your child may not realize they have a vision problem — they may simply assume everyone sees the way they do. A vision-related problem may cause any of the symptoms described below:

- Wandering or crossed eyes
- Experiencing headaches
- Avoiding near or distance work
- Covering, closing or rubbing of the eyes
- Turning or tilting the head
- Holding objects very close to face
- Using a finger to maintain place while reading
- Losing place while reading
- Losing interest quickly or irritability
- Omitting or confusing small words when reading
- Performing below their potential

## Book Your Child an Eye Exam

Doctors of Optometry recommend that children have their eyes examined at **6 months; 3 years of age** and then **yearly after starting school** because vision changes can occur rapidly as they grow.

## Eye See...Eye Learn® Program

If your child is attending a Junior Kindergarten program in an Eye See...Eye Learn® region, they can receive one free pair of glasses with their OHIP-covered eye exam, if prescribed by a participating OAO Doctor of Optometry. Offer available July 1 to June 30.

Doctors of Optometry are the primary source for all your vision, eye health and eyewear needs. To find a participating Eye See...Eye Learn® doctor, visit our website.

**Annual comprehensive eye examinations are covered under OHIP (Health Card) for children up to 19 years of age.**

Take the EyeQTest by scanning the QR code with your smartphone or tablet.



Visit [www.EyeSeeEyeLearn.ca](http://www.EyeSeeEyeLearn.ca) for information.



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