



# Parent's Checklist of Vision Problems



Children may not know that they have a vision problem. They can't always tell you what they see. 1 out of 4 children have a significant eye problem that can interfere with learning and development.

The Ontario Association of Optometrists recommends that **every young child has complete eye examinations at ages 6 months, 3 years and every year thereafter.**

## Can your child see well?

### DOES YOUR CHILD HAVE AN UNUSUAL EYE APPEARANCE?

- ◆ One eye that looks turned in or out?
- ◆ Bumps, styes, redness, swelling or crusting of eyelids?
- ◆ Drooping eyelid?
- ◆ Haziness or whitish appearance inside the pupil?
- ◆ Frequently watery eyes?

### DOES YOUR CHILD BEHAVE IN A WAY THAT COULD SUGGEST A VISION PROBLEM?

- ◆ Does not watch or follow an object?
- ◆ Touches things to help recognize them?
- ◆ Does not make eye contact?
- ◆ Closes or covers one eye?
- ◆ Squints or frowns when looking far or near?
- ◆ Rubs or touches the eyes a lot?
- ◆ Blinks more than usual?
- ◆ Reacts strongly to light?
- ◆ Turns or tilts head when viewing objects?
- ◆ Holds objects very close to face?
- ◆ Dislikes near tasks?
- ◆ Loses interest quickly or becomes irritable with visual activities?
- ◆ Has poor depth perception or trouble seeing 3D?
- ◆ Trips, falls or bumps into things often?
- ◆ Is unco-ordinated for play activities and sports?

### DOES YOUR CHILD HAVE ANY DIFFICULTIES WITH LEARNING?

- ◆ Has poor posture when reading/writing?
- ◆ Has poor handwriting?
- ◆ Moves head, loses place, skips lines when reading?
- ◆ Uses more effort than normal to complete school work?
- ◆ Works hard but is not achieving the expected level at school?

### IS YOUR CHILD AT RISK FOR VISION PROBLEMS?

- ◆ Does a family member have a turned or lazy or blind eye?
- ◆ Does a family member have glasses with high power?
- ◆ Has any family member had early childhood cataracts or glaucoma?
- ◆ Were there complications with the pregnancy or delivery?
- ◆ Was your child premature at birth?
- ◆ Does your child have a hearing loss?
- ◆ Does your child have a health condition that can affect eyes, such as:
  - ◆ Cerebral palsy
  - ◆ Autism
  - ◆ Juvenile arthritis
  - ◆ Attention deficit disorder (ADHD)
  - ◆ Down syndrome
  - ◆ Developmental delay

The Ontario Health Insurance Plan (OHIP) pays for the cost of an annual eye examination for children aged 0-19 years. To find an optometrist, you can call the Ontario Association of Optometrists at **(800) 540-3837** or visit **www.eyecareoao.com** for a list of doctors in your area.

Learn more about our free program for Junior Kindergarten students

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



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