



# 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 child out of 4 has a significant eye problem that can interfere with learning and development.



The Ontario Association of Optometrists recommends that **every 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 uncoordinated 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

**Annual comprehensive eye exams are covered by OHIP (health card) up to 19 years of age.**

**Junior Kindergarten students are eligible to receive one pair of COMPLIMENTARY EYEGLASSES with their Eye See...Eye Learn® exam when required.**

**\* Offer available July 1 to June 30**

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