



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
 - Juvenile arthritis
 - Down syndrome
 - Autism
 - Attention deficit disorder (ADHD)
 - 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**

Eyewear Partners:
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**Funded in part by the
Government of Ontario**

**For more information and to help
find a participating optometrist,
visit www.EyeSeeEyeLearn.ca
or call 1-855-424-ESEL(3735)**

