

# PARENT'S CHECKLIST FOR CHILDREN'S VISION PROBLEMS

Children may not know 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.

## 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?

## IS YOUR CHILD AT RISK FOR VISION PROBLEMS?

- ❑ Does a family member have a turned, lazy or blind eye or have high powered glasses?
- ❑ Did a family member have early childhood cataracts or glaucoma?
- ❑ Were there complications with the pregnancy or delivery?
- ❑ Does your child have a hearing loss?
- ❑ Does your child have a health condition that can affect eyes? (i.e. cerebral palsy, juvenile arthritis, down syndrome, Autism, ADHD, developmental delay)?

Annual comprehensive eye exams are covered by OHIP (health card) up to 19 years of age. For more information and to help find an optometrist, visit [FindanEyeDoctor.ca](http://FindanEyeDoctor.ca)

## 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?
- ❑ Reverses letters (e.g. cat)

## DOES YOUR CHILD'S BEHAVIOUR SUGGEST A VISION PROBLEM?

- ❑ Does not make eye contact?
- ❑ Closes or covers one eye?
- ❑ Rubs or touches the eyes a lot?
- ❑ Reacts strongly to light?
- ❑ Turns or tilts head when viewing objects?
- ❑ Holds objects very close to face?
- ❑ Loses interest quickly or becomes irritable with visual activities or "near" tasks?
- ❑ Is uncoordinated?