

Recommendations for eye check up – Children

Young children with vision problems often do not know the world is different from the way they see it. They may never have seen clearly, and they have no way of knowing their vision is not normal.

Vision problems are treated more successfully during the growth and development of a child's visual system. By the time, children finish elementary school; their visual system has virtually completed its development, so a delayed eye exam can spell trouble.

Children may not know what to expect during a routine - professional eye exam. Clam your child's fears by setting an example: Get your eyes examined first! Then you can sit with your child for his or her eye exam.

To start the school year of well, your child needs:

- A lunchbox.
- New shoes.
- Pencils with erasers.
- **A professional eye exam.**
- A timely, comprehensive exam by a qualified eye-care professional is key to discovering vision difficulties in children. Parents and teachers should watch for certain tell-tale signs of possible vision problems:
 - Squinting, closing or covering one eye: excessive blinking or rubbing of the eyes.
 - Dislike and/or avoidance of close work: short attention span; frequent daydreaming.
 - Placing the head close to a book when reading: losing place while reading.
 - Complaints of headaches nausea and dizziness excessive clumsiness.
 - Turning or tilting the head to one side.

If you notice any of these symptoms, as parents you need to get the child examined for any vision problems.

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