



Here are ten signs that might be seen in a child with vision difficulties:

1. Squinting, closing or covering one eye
2. Holding a book close to the face
3. Losing his/her place while reading
4. Headache, nausea or dizziness
5. Excessive clumsiness
6. Tilting the head to one side
7. Frequent daydreaming
8. Using a finger as a place mark while reading
9. Performing below potential
10. Rubbing eyes repeatedly

If you notice any of the above behaviours in your child, you should make an appointment for an eye health examination. Your child's learning experience depends on good vision.

Recommended Frequency of Eye Health Examinations*

Children should be screened by age 3 for visual acuity, ocular alignment (crossed eyes, lazy eye, or droopy eyelid) and ocular disease;

School-age children should be screened for visual acuity and ocular alignment approximately every two years;

Adults should have their eyes checked at least once between 20 and 39;

Adults age 40 and older should have an ocular evaluation every two to four years;

Adults with high blood pressure, heart disease, diabetes, a family history of eye disease or a history of eye injury may need to see an ophthalmologist more often.

After 65 years of age, adults should see an ophthalmologist every one to two years to check for cataracts, glaucoma, age-related macular degeneration, diabetic retinopathy and other eye conditions

*As recommended by the American Academy of Ophthalmology