

# Vision Checklist and Information

Children may not know that they have a vision problem. They can't always tell you what they see. One out of six children has a significant eye problem which can interfere with their learning.

## Does your child behave in a way that could suggest a vision problem?

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| Closes or covers one eye?                                    | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Squints or frowns when looking far or near?                  | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Rubs the eyes a lot?   | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Blinks more than usual?                                      | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Turns or tilts his/her head when viewing objects?            | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Holds objects very close to his/her face?                    | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Touches things to help recognize them?                       | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Avoids near tasks?   | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Loses interest quickly or becomes irritable with close work? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

## Is there a family history of vision problems?

- |  |                           |                          |
|--|---------------------------|--------------------------|
| Parent, brother, or sister who has a turned eye?           | Yes <input type="radio"/> | No <input type="radio"/> |
| Parent, brother, or sister who has a lazy or blind eye?    | Yes <input type="radio"/> | No <input type="radio"/> |
| Parent, brother or sister who has glasses with high power? | Yes <input type="radio"/> | No <input type="radio"/> |
| Were there complications with the pregnancy?               | Yes <input type="radio"/> | No <input type="radio"/> |
| Was your child premature at birth?                         | Yes <input type="radio"/> | No <input type="radio"/> |

## Did You Know?

In Ontario, children can have their eyes checked by an optometrist for FREE! Even if your child does not show any signs of a problem, it is best to have each child's vision checked at age 3 or when starting school.

Every child should get an eye exam every year. The cost of an eye exam for children in Ontario up to the age of 19 is covered by OHIP. This can be done by an optometrist. Look for a list of optometrists near you at [www.eyecareoao.com](http://www.eyecareoao.com).

This checklist is adapted with permission from the Chatham-Kent Public Health Unit.