

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. Yet, one out of four school-age children has a significant eye problem that can interfere with learning and development.

BC Doctors of Optometry recommends children have their first eye exam between six and nine months, at least one eye exam between the ages of two and five, and yearly after starting school.

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?
- + Hazy 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 ahead, 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 | + Autism |
| + Juvenile arthritis | + Attention deficit disorder (ADHD) |
| + Down syndrome | + Developmental delay |

BC Doctors of Optometry wishes to acknowledge the Ontario Association of Optometrists for providing content for this checklist.



Get an Eye Exam and FREE Prescription Glasses for Your Child

If your child was born in 2011 and is currently enrolled in kindergarten in a participating school district, s/he is eligible for a comprehensive eye exam and, if needed, one pair of FREE eyeglasses from a participating Doctor of Optometry through the Eye See ... Eye Learn® program. See reverse on how to participate.

Eye See ... Eye Learn[®]

For all Kindergarten Students in Your School District

In collaboration with your school district, the BC Doctors of Optometry Eye See ... Eye Learn[®] (ESEL) program provides an eye exam and free prescription eyeglasses for kindergarten children.

MESSAGE TO PARENTS AND GUARDIANS

Good eye health and vision are essential for academic and developmental success during children's early learning years. Statistics show that one in four school-age children has an underlying vision problem that can interfere with learning and development.

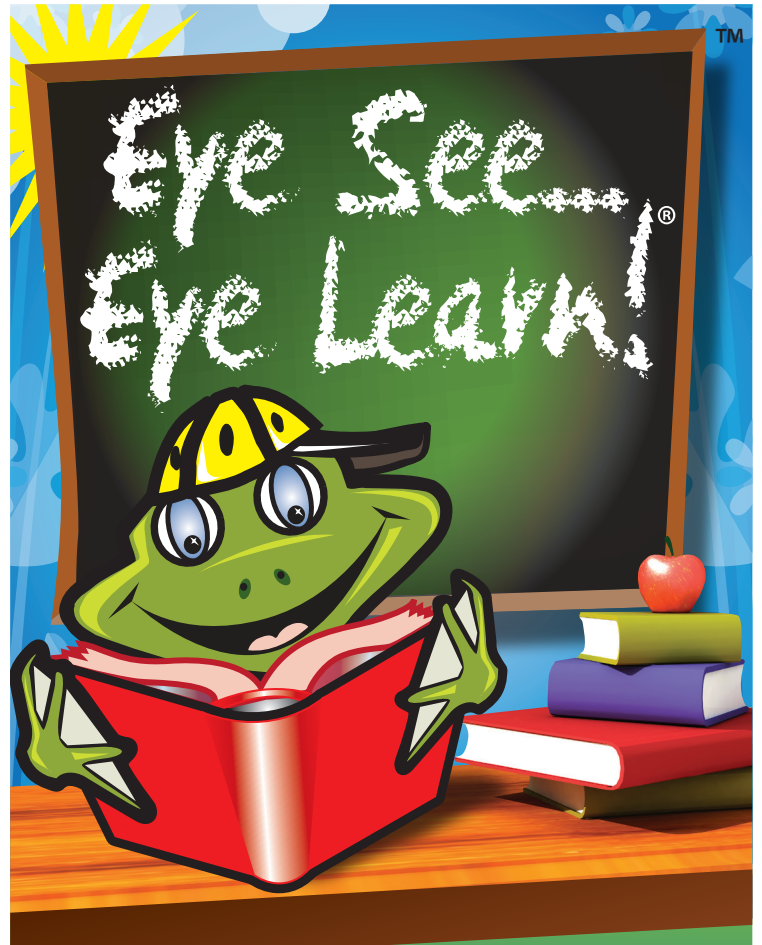
If your child was born in 2011 and is currently enrolled in kindergarten in a participating school district, he/she is eligible for a comprehensive eye exam and, if needed, one pair of FREE eyeglasses from a participating Doctor of Optometry.

HOW TO PARTICIPATE:

- 1 Contact a participating ESEL clinic to book your child's eye exam by visiting bcesel.ca. There will be no cost to you for this service.
- 2 Detach the bottom part of this letter and bring it to your appointment. This will cover your child's prescription eyeglasses if correction is needed.

PARTICIPATING SCHOOL DISTRICTS:

Abbotsford • Burnaby • Central Okanagan • Chilliwack
Coquitlam • Cowichan Valley • Delta • Greater Victoria
Langley • Maple Ridge & Pitt Meadows • Mission
Nanaimo-Ladysmith • Nechako Lakes • New Westminster
Prince George • Saanich • Surrey



THIS LETTER IS VALID UNTIL AUGUST 31, 2017

Visit www.bcesel.ca for details and to find a participating Doctor of Optometry near you

CORPORATE PARTNERS:



"Eye See ... Eye Learn[®]" and "Fribbit" are registered trade-marks of the Alberta Association of Optometrists

PARENT/GUARDIAN AUTHORIZATION:

As a participant in the Eye See ... Eye Learn[®] program, I consent to clinical information regarding my child being released to the participating lab, eyewear provider and BC Doctors of Optometry.

Student Name _____

Parent/Guardian Signature _____

School Name _____

Detach form and bring to your appointment.

Personal Health No _____ Date _____