

Vision problems make it harder for children to learn. Regular vision examinations are part of being ready for school. Has your child had his or her vision checked?

How common are vision problems ?

Vision problems are very common. One in six children have vision problems. Many have never had a vision examination.



Can vision problems affect learning?

Yes. Eighty percent (80%) of what children know is learned through their eyes. Children with poor vision may find it difficult to focus on their work. They may become frustrated and feel less capable than other students.



Undetected vision problems, and other factors, may contribute to poorer marks on the report card. Any child having difficulty at school should have a vision examination.

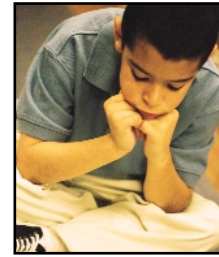
When should children have their first eye exam?

Children should have a complete eye examination by an optometrist before age three and then as recommended by the optometrist, usually every one or two years.



Will my child tell me if he or she has a vision problem?

Maybe not. Children don't always know they have a vision problem. They might think that everyone sees things the way that they do.



My child is doing well at school. Should he or she still have regular vision exams?



Yes. Many children find ways to work extra hard and overcome vision problems. Your child may be able to do even better if his or her vision problem is corrected.

Who can check my child's eyes?

Optometrists and ophthalmologists have special training and equipment to determine if your child is seeing clearly. Some family doctors and pediatricians do partial eye examinations. Optometrists, ophthalmologists, family doctors and pediatricians can help your child with eye infections and other eye health issues.



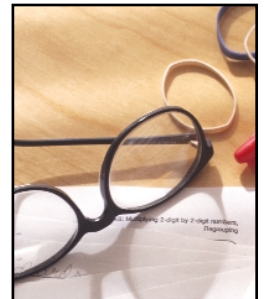
Are eye examinations covered by OHIP?

Yes. OHIP will pay for an annual eye exam for children. Make sure you take your child's health card with you to the optometrist.



Does OHIP cover the cost of glasses?

No. You can buy glasses from your optometrist or take the prescription to a store that sells glasses.



What happens in a complete eye exam?

The doctor will check your child's:

- eye health
- distance and near vision
- depth vision
- focussing ability
- eye alignment
- ability to see colour.



Are there vision screening programs in schools?

No. That is why it is so important for parents to take their children for regular eye examinations.

My child has a vision problem but won't wear glasses. What can I do?

Speak to your child's teacher about how you can work together to encourage your child to wear his or her glasses at school and at home. Older children may be able to wear contact lenses.



To find the name of an optometrist near you, call 416-256-4411 or visit www.eyecareoao.com.

Signs of Vision Problems

Many vision-related problems can only be detected by a complete eye examination. Here are some common symptoms.

Does your child:

- ✓ sit too close to the TV
- ✓ have trouble reading signs in the distance
- ✓ squint or tilt his or her head to one side
- ✓ rub his or her eyes frequently
- ✓ bump into things often
- ✓ have one eye turned in or out
- ✓ have headaches, dizziness or nausea
- ✓ avoid close work
- ✓ frequently lose his or her place while reading.

This brochure is available in Arabic, Chinese, Farsi, Korean, Portuguese, Punjabi, Russian, Somali, Spanish, Tamil, Urdu, Vietnamese at www.tdsb.on.ca.

Good Vision Can Help Your Child Do Well In School



Has Your Child's Vision Been Checked?

Good vision is a very important part of being able to learn. Children need good vision to be able to see the blackboard clearly, read a book and fully participate in class activities.

