

Ready for School? Kids Vision Questionnaire

Could your child have a vision problem?

Take this simple yes or no assessment for your child. If you answer "yes" to more than one question, or your child has not seen an optometrist in over two years, it's time to schedule an appointment.

DOES YOUR PRE-SCHOOLER:

	YES	NO
Have an eye that ever appears to be out of proper alignment	<input type="checkbox"/>	<input type="checkbox"/>
Tend to bump into objects	<input type="checkbox"/>	<input type="checkbox"/>
Have red eyes or lids	<input type="checkbox"/>	<input type="checkbox"/>
Rub eyes frequently	<input type="checkbox"/>	<input type="checkbox"/>
Have excess tearing	<input type="checkbox"/>	<input type="checkbox"/>
Turn or tilt head to use one eye only	<input type="checkbox"/>	<input type="checkbox"/>
Have encrusted eyelids	<input type="checkbox"/>	<input type="checkbox"/>
Have frequent styes	<input type="checkbox"/>	<input type="checkbox"/>
Avoid coloring, puzzles or detailed activities	<input type="checkbox"/>	<input type="checkbox"/>
Experience difficulty with eye-hand-body coordination	<input type="checkbox"/>	<input type="checkbox"/>

DOES YOUR SCHOOL-AGE CHILD:

	YES	NO
Lose place while reading	<input type="checkbox"/>	<input type="checkbox"/>
Avoid close work	<input type="checkbox"/>	<input type="checkbox"/>
Hold reading material closer than normal or shift the reading distance	<input type="checkbox"/>	<input type="checkbox"/>
Tend to rub eyes	<input type="checkbox"/>	<input type="checkbox"/>
Have headaches	<input type="checkbox"/>	<input type="checkbox"/>
Turn or tilt head to use one eye only	<input type="checkbox"/>	<input type="checkbox"/>
Make frequent reversals when reading or writing	<input type="checkbox"/>	<input type="checkbox"/>
Use finger to maintain place when reading	<input type="checkbox"/>	<input type="checkbox"/>
Omit or confuse small words when reading	<input type="checkbox"/>	<input type="checkbox"/>
Consistently perform below potential	<input type="checkbox"/>	<input type="checkbox"/>
Struggle to complete homework	<input type="checkbox"/>	<input type="checkbox"/>

Regular eye exams, starting when your child is just six months old, by a doctor of optometry can help you be certain that your child's vision is developing normally. Since vision changes can occur without you or your child noticing them, your child should visit the optometrist at least every two years, or more frequently, if specific problems or risk factors exist. If needed, the doctor can prescribe treatment including eyeglasses, contact lenses or vision therapy. Keep in mind, a school vision screening, while helpful, is not a substitute for a comprehensive eye examination. Schedule your child's back-in-school eye examination to make the most of a good education.

Information courtesy of the American Optometric Association.