

# Sight Matters

## FAQ Sheets

### Children's Vision Checklist

This checklist shown below is often used by optometrists to ask parents or teachers if they have noticed any signs or symptoms that may indicate a possible vision problem in a child.

If you suspect a vision problem, complete this checklist

and take it with you when you go to have your child's eyes examined.

Remember that children will seldom complain because they think that everybody else sees the way they do.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

#### Appearance:

- Crossed or turned eyes
- Reddened, watering, burning or itching eyes
- Blinks frequently
- Very sensitive to light

#### Behaviour:

- Dislike or avoidance of close work
- Short attention span for the child's age
- Turning or tilting head to use one eye only
- Closing or covering one eye
- Placing head close to book when reading or writing
- Frowning while reading, writing or doing blackboard work
- Reading errors of omission, insertion or substitution
- Writing which becomes smaller and crowded
- Irritability, or unusual fatigue after maintaining visual concentration

#### Behaviour (cont'd):

- Losing place while reading. Using a finger or marker to guide eyes
- Saying words aloud or lip reading
- Difficulty remembering what has just been read
- Repeating and errors when calling words
- Persistent letter or word reversals after Year 2
- Poor hand-eye co-ordination. Difficulty throwing or catching a ball, buttoning clothes, tying shoes etc.
- Eye rubbing or tired eyes after near concentration

#### Complaints:

- Headaches, nausea or dizziness
- Complaints of blurring or double vision at any time
- Difficulty adjusting focus to see blackboard or book