



**1 in 4 school-aged children has a vision problem**

Parents want their children to do well at school. But 80 per cent of learning depends on vision, so ensuring your child has good vision is crucial to successful learning.

**Children's eye exams are covered by Manitoba Health for children under 19**

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## The importance of school-age Visual Abilities

A school-age child's eyes are constantly in use in the classroom and at play. For school-aged children, several different visual skills must work together so they can see and understand clearly:

- Clear vision, both at a distance and up close
- The ability to maintain focus accurately at any distance
- Good focusing flexibility to allow rapid change from one distance to another
- Binocular vision skills, including control of eye position, movement and tracking
- Peripheral vision and eye-hand coordination

## Symptoms

Be alert for symptoms. Your child may not realize they have a vision problem - they may simply assume everyone sees the way they do. A vision-related problem may cause any of the symptoms described below:

- Headaches or irritability
- Avoiding near or distance work
- Covering or closing one eye
- Rubbing of the eyes
- Tilting the head or unusual posture
- Using a finger to maintain place while reading
- Losing place while reading
- Omitting or confusing small words when reading
- Performing below their potential

## Frequency of Eye Exams

Doctors of Optometry recommend that infants have their eyes examined between six and nine months of age; children have their eyes examined between the ages of 2 and five, and yearly after starting school because vision changes can occur rapidly as they grow.