

# Seeing is Believing

How an eye exam can maximize your child's potential

*Make sure your child is prepared to succeed by having their eyes examined before they start school.*

One in six children has a vision problem significant enough to impair their ability to learn.



## Focusing on Healthy Development

Regular eye exams can detect health problems and conditions such as a turned or lazy eye in the early stages. These conditions may be treated successfully if an optometrist diagnoses them early in a child's life; if they go undetected, they can lead to permanent sight loss.

## When should children have their eyes examined?



To help children maintain healthy vision, they should have their eyes examined at six months of age, at three years of age and then every twelve months or as recommended by your optometrist.

## Won't my child have a vision screening in school?

Vision screening programs are no longer a common practice, and are not a replacement for a comprehensive examination by an optometrist. In fact, as many as 43% of children with vision problems are able to pass a vision screening.

## What if my child can't read yet?



Eye examinations can be done at any age, even before your child knows how to speak – let alone knows the alphabet.

## The role of vision in learning

- Your child's vision is vital in developing skills such as:
  - reading
  - copying
  - hand-eye coordination
  - social skills

- More than 80 per cent of learning is done through the eyes.



- Children with poor vision often find it difficult to focus on their work and may be misdiagnosed as having a learning or behavioural disability.

## How would I know if my child can't see well?



Often, there are no signs that a child has a vision problem, making regular eye examinations very important. Young children do not have the experience necessary to know what is normal as far as their vision is concerned; they often assume that everyone sees things the way they do.

## Your Child's Eye Care Team

While optometrists, ophthalmologists, family doctors, and pediatricians all play a role in examining children's eyes, optometrists are the primary providers of eye care to patients of all ages.

In Ontario, children 19 years of age and under are covered by OHIP for an eye exam every twelve months.



To find an optometrist near you call toll-free 1-800-540-3837 or visit [www.preserveyoursight.com](http://www.preserveyoursight.com).

## DR. JOHN W. POND & ASSOCIATES

Optometrists

372 Queen Street East  
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