



VISION & SUCCESS AT SCHOOL

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

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-age 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

If any of these visual skills are lacking or impaired, your child will need to work harder and may develop headaches or fatigue. The increased visual demands of schoolwork can make greater demands on a child's visual skills, bringing to light a vision problem that was not apparent before starting school. You can't assume your child has healthy eyes because they have passed a screening test or are not complaining. Children may have one eye that is doing most of the work, hiding the fact that the other eye is not functioning properly.

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 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

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

SASKATCHEWAN ASSOCIATION OF OPTOMETRISTS

102-202 Wellman Crescent | Saskatoon, SK | S7T 0J1

Phone: 306.652.2069 | Toll-free: 1.877.660.3937