

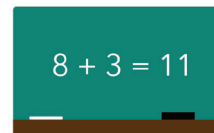


## A PARENT'S GUIDE TO VISION SCREENING AND FOLLOW-UP CARE

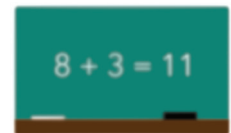
### Why is healthy vision important for your child?

1 in 20 preschoolers and 1 in 4 school-aged children has a vision problem. Clear vision helps your child see to learn. For most children, 80% of learning is visual. If your child can't see the board, they may struggle to learn.

Clear Vision



Blurry Vision



### What is a vision screening?

A vision screening checks children's eyes to ensure they can see clearly. Children with vision problems often don't know that they see the world differently. It is important to catch vision problems in children early while their eyes are developing.

A vision screening is not an eye exam. A vision screening checks children who are at high-risk for vision problems. If a vision problem is suspected, the child is referred to care with an eye doctor. The earlier the vision problem is treated, the better the outcome for your child's vision.

### If your child did not pass the vision screening:

It is very important your child sees an eye doctor to get a complete eye exam. Only an eye doctor can diagnose and treat vision problems. Healthy vision helps your child see more clearly, feel more confident about themselves, and learn.

If you need help making an eye doctor appointment, please see *How to Make an Eye Doctor Appointment* at [wisconsin.preventblindness.org](http://wisconsin.preventblindness.org) under the Resources tab.

### What should you watch for?

You can help keep your child's vision healthy. Be aware of the **ABC's** of vision health in children.

**A stands for Appearance:** Have you noticed a change in how your child's eyes look? Do they turn in, out, up, or down? Do they look red or puffy? Are your child's eyes crusty? Do they look cloudy?

**B stands for Behavior:** Does your child squint to see the board or their homework? Do they rub their eyes a lot? Do they sit close to the TV or hold books or tablets close to their face?

**C stands for Complaints:** Does your child say they have a headache? Does your child say they have blurry vision or that they can't see the board in school? Does your child say they are dizzy?

**\*\*\*If you notice any of these ABC's, your child should see the eye doctor.\*\*\***



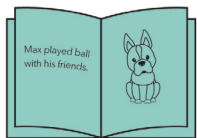


## WHAT ARE COMMON VISION PROBLEMS FOUND IN CHILDREN?

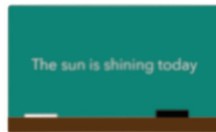


**Myopia, Hyperopia, & Astigmatism** are easily treated with an eye exam and a pair of glasses from the eye doctor.

**Nearsightedness** (Myopia) causes objects that are far away, such as words on a chalkboard, to look blurry, but objects that are up-close, like a book, look clear.



Up-close is clear

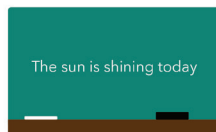


Far away is blurry

**Farsightedness** (Hyperopia) causes objects that are up-close, such as a book, to look blurry, but objects that are far away, like words on a chalkboard, look clear.



Up-close is blurry

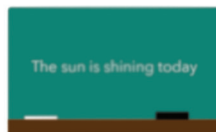


Far away is clear

**Astigmatism** is an unusual curve to the cornea. The more uneven the curve of the cornea, the greater the effect on a child's vision. This makes all objects, no matter their distance, appear blurry.

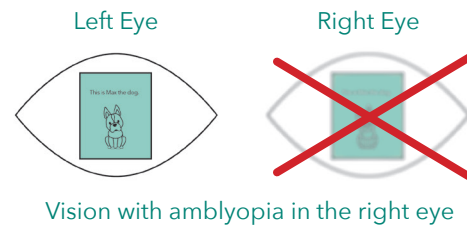


Both near and far can look blurry



**Amblyopia & Strabismus** are more severe vision problems. Without care from an eye doctor, the child may have permanent vision loss.

**Amblyopia** is sometimes called "lazy eye." With amblyopia, the vision in one eye is weak because the eye and the brain are not working together properly. The eye itself looks normal, but is not being used normally because the brain is favoring the other eye. Catching and treating amblyopia early is very important and can save a child's sight.



**Strabismus** is sometimes called "crossed eye." With strabismus, the eyes are not straight or do not line up with each other. If the problem is not treated, it can cause amblyopia. Strabismus can be treated with a pair of glasses, or in some cases, surgery. If you notice your child's eyes do not line up correctly, your child needs to see an eye doctor.



Healthy vision is very important for your child's development and their success inside and outside of the classroom. If you have any questions about vision health, please contact your child's school nurse, teacher, or [Prevent Blindness Wisconsin](http://www.preventblindness.org) at 414-765-0505 or [info@pbwi.org](mailto:info@pbwi.org). Please visit our website at: [wisconsin.preventblindness.org](http://www.wisconsin.preventblindness.org).