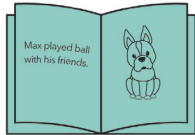


## COMMON VISION PROBLEMS FOUND IN CHILDREN: A TEACHER'S GUIDE TO VISION IN THE CLASSROOM

**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

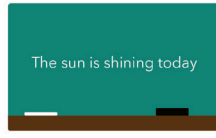


Far away is blurry

**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.

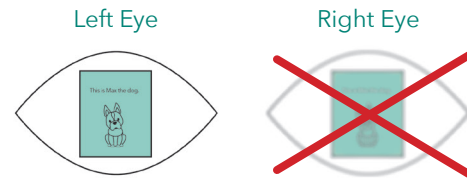


Both near and far can look blurry



**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.



Vision with amblyopia in the right eye

**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.



### What should you watch for?

You can help keep your student'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 the child's eyes look? Do they turn in, out, up, or down? Do they look red or puffy? Are the child's eyes crusty? Do they look cloudy?

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

**\*\*\*If you notice any of these ABC's, alert your student's parents and encourage them to schedule an eye exam.\*\*\***

## TREATING VISION PROBLEMS

### Patching:

If a student in your class has amblyopia, they may be patching. The patch covers the stronger eye in order to stimulate vision in the weaker eye. Ask parents about the student's prescribed patching regimen. Some children only need to wear the patch for a few hours each day, while others may need to patch throughout the entire school day. Adjusting to a patching regimen can be a difficult process. Please note that a student who is patching may have a more difficult time seeing or focusing in class as they get used to their patch.

### Helping students adjust to new glasses:

Some students may experience headaches or dizziness when they first start wearing their glasses. Headaches can occur because their eyes are adjusting to seeing a different way. If these problems continue, notify the student's parents. Their prescription may need to be adjusted or their eye doctor may have suggestions on how to make the transition to new glasses more comfortable.

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**Thank you for your part in protecting your students' sight!**

**80%** OF LEARNING  HAPPENS VISUALLY

Vision problems affect 1 in 20 preschool-aged children and 1 in 4 school-age children. However, 86% of children never receive an eye exam before entering school. For most children, 80% of learning happens visually, which often causes children with vision problems to fall behind in school and struggle with behavioral issues. Detecting and treating vision problems early is essential in ensuring that a child has the healthy vision they need to learn and play. Often times, it's difficult to know if a child is having trouble seeing. Children with vision problems may not say anything because they may not know that they see the world differently than other children. A comprehensive vision screening can detect children with potential vision problems and refer them to further care. Thank you for all that you do in order to help the students in your care have the healthy vision they need to thrive both inside and outside of the classroom!



**1 IN 4**  
SCHOOL AGE  
CHILDREN HAS  
**A VISION  
PROBLEM**



### Who we are:

Founded in 1958, Prevent Blindness Wisconsin improves the lives of children, adults and families through early detection of eye conditions to prevent blindness and preserve sight. On-going vision screening activities and state-wide public health education lead to a lifetime of healthy vision. Our vision is for each Wisconsin resident to have healthy vision at every stage of life.

Visit us online at [wisconsin.preventblindness.org](http://wisconsin.preventblindness.org) or give us a call at (414) 765-0505.