

# Why do children need comprehensive vision eye screenings & exams?



## Did You Know?

- 80% of how children learn is through vision.
- 1 in 10 children has a vision problem significant enough to affect learning.

- 20/20 only means a child can see at a distance but may LACK skills needed for learning such as: **focusing, coordinating & tracking.**
- The earlier a child's vision problem is treated, the greater chance to return to normal or near normal vision.

According to the American Optometric Association (AOA), **infants should have their first comprehensive eye exam at 6 months of age.** Children then should receive additional eye exams at 3 years of age, and just before they enter kindergarten or the first grade at about age 5 or 6. **The vision screenings conducted in schools and pediatric offices may not detect all problems.** During a visit to an optometrist for a comprehensive eye exam, the doctor will look at things such as the overall health of the eyes, how the eyes work together, and whether your child's eyes are focusing correctly. This in-depth look will also examine depth perception, color and peripheral vision, the health of the pupil, and distance viewing. Children's eyes are responsible for 80 percent of their total learning, making it vital to ensure the eyes are healthy with an annual exam.



**Look for some of these warning signs for potential vision problems:**

- Avoiding or not liking reading
- Short attention span
- Difficulty throwing or catching a ball, copying from a chalkboard or tying their shoes

- Pulling a book in close to their face, or sitting too close to a TV
- Lots of blinking or eye rubbing
- Guiding their eyes with a finger or pencil while reading
- Falling performance in school
- Clumsiness, Bumping into furniture or walls, Losing balance
- Holding a book too close
- Sensitivity to light and/or squinting, tilting their head

The Lions KidSight program helps children become "vision ready" for life and learning utilizing the latest vision screening technology. As fast and easy as taking a picture, the screening device can detect up to 7 vision issues across all age groups - from infants to teenagers. This screening is FREE and part of a nationwide initiative of the Lions Clubs International.

Visit [www.neccouncil.org](http://www.neccouncil.org) for more information on vision screenings & for a list of eye doctors in our area



This memo was developed by the Northeast Early Childhood Council's Vision Task Force

Ensuring all children, birth through age eight, in Killingly, Plainfield, Putnam, Sterling & Thompson are healthy, safe & successful learners.