



Children's Vision FACT SHEET

Fribbit® says "It's never too early to have your child's eyes examined!"

Eye See...Eye Learn... is an early childhood eye health and vision awareness program designed to ensure eye health and/or vision problems are not a factor in preventing children from reaching their full learning potential.

PARENTS ARE ENCOURAGED TO HAVE THEIR CHILD'S EYES EXAMINED:

- At 6 MONTHS of age
- Again by the age of 3 YEARS
- Before they START SCHOOL
- Regularly throughout their school years.

Why should my child have their eyes examined when they are so young?

- Some vision problems are **ONLY** treatable if they are detected and corrected in your child's preschool years.
- 80% of learning is **visual!**
- Most vision problems in children go undetected by parents and/or teachers.

What if my child has had a vision screening and has 20/20 vision?

A 20/20 score means only that your child can see at 20 feet what he or she should be able to see at that distance. It does not measure any of the other vision skills needed for learning, nor does it tell you anything about their eye health.

A complete eye exam by your optometrist is the only way to be sure and should include:

- A review of your child's health and vision history.
- Tests for nearsightedness, farsightedness, astigmatism, color perception, lazy eye, crossed-eyes, eye coordination, depth perception and focusing ability.
- An eye health examination.

MAKE YOUR CHILD'S FIRST TEST AN EYE EXAM!

Infant (6 – 12 months)

Before your baby's first birthday, make sure you take them to an optometrist.

- Babies' eye exams are done using special tests since of course, babies cannot read!
- Schedule your little one's appointment around the time of day your baby is usually relaxed and happy

Toddler (Age 3)

- At age 3, your child should return for a follow-up visit and have a complete eye examination.
- By this age, many of the vision skills required for life-long learning are reasonably developed.
- Many serious eye conditions, if detected and treated by this young age are reversible or preventable.

Pre-School (Age 5)

- It is important that your child's eye health and vision are completely examined before school begins.
- This is the only way your optometrist can assure you that your child's eyes are ready for the exciting challenge of... **SCHOOL!**

REGULAR EYE EXAMS SHOULD BE A PART OF YOUR CHILD'S ROUTINE HEALTH CHECKLIST!

Alberta Health Care covers the cost of eye exams for ALL CHILDREN under the age of 19.

For further information, contact your local public Health Nurse

OR

The Alberta Association of Optometrists

(780) 451-6824 or Toll Free 1-800-272-8843



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