

4 WAYS TO TELL IF YOUR CHILD NEEDS GLASSES



Undetected vision problems can impact your child's performance both in and out of the classroom. So, it's important to understand eye health. This will allow you to recognize the signs that your child may have a vision problem and possibly need glasses. As always, please consult a trained eye doctor for final decisions about your child's vision needs.



RUBBING AT THE EYES/HEADACHES

Eye-rubbing is common in young children with blurred vision or headaches from being unable to focus correctly. They may not have the right words to describe it. If you notice your child consistently rubbing his or her eyes gently ask questions. Try to determine how far and how clearly, he or she can see.

SQUINTING

Have you noticed your child squinting or tilting his or her head to focus on the television? Or your child adjusting their eyes to read a far-away sign or close-up book? You've identified a sure sign that they may need glasses! Pay attention to the distance when they squint so you can assist your eye doctor in determining whether they're near-sighted or far-sighted.

CLOSING ONE EYE

Closing one eye can be a sign of blurred vision. However, it can also be a sign of astigmatism. Astigmatism is the proper term for an irregularly shaped cornea (the lens of the eye). This causes blurred vision in both eyes, but it's easily treated by wearing glasses or contacts. It can also be permanently corrected through corrective surgery if recommended.

BEHAVIORAL PROBLEMS

Disruptive behavior at school can be the result of an inability to see clearly. Your child may also ask to change seats to the front of the classroom. If you see changes in your child's pattern, make sure to ask him or her and their teacher why the changes are occurring.



Regular eye exams for your children should start at infancy, as recommended by the American Optometric Association. This will help minimize any vision problems they may have and ensure changes in their eyesight are caught sooner than later.