

Here are ten signs that might be seen in a child with vision difficulties:

1. Squinting, closing or covering one eye
2. Holding a book close to the face
3. Losing his/her place while reading
4. Headache, nausea or dizziness
5. Excessive clumsiness
6. Tilting the head to one side
7. Frequent daydreaming
8. Using a finger as a place mark while reading
9. Performing below potential
10. Rubbing eyes repeatedly

If you notice any of the above behaviours in your child, you should make an appointment for an eye health examination. Your child's learning experience depends on good vision.

Recommended Frequency of Eye Health Examinations*

Children should be screened by age 3 for visual acuity, ocular alignment (crossed eyes, lazy eye, or droopy eyelid) and ocular disease;

School-age children should be screened for visual acuity and ocular alignment approximately every two years;

*Taken From the Canadian Ophthalmological Society Guidelines for Periodic Eye Examination In Adults In Canada

Recommended Frequency of Eye Health Examinations Adults

1. Screening intervals in the asymptomatic low-risk patient

- Age 19–40 years: at least every 10 years [Consensus]
- Age 41–55 years: at least every 5 years [Consensus]
- Age 56–65 years: at least every 3 years [Consensus]
- Age > 65 years: at least every 2 years [Level 1_s]

2. Screening in symptomatic patients

Any patient noting changes in visual acuity, visual field, colour vision, or physical changes to the eye should be assessed as soon as possible [Consensus].

3. Screening intervals in high-risk patients

Patients at higher risk of visual impairment (e.g., those with diabetes, cataract, macular degeneration, or glaucoma [and glaucoma suspects], and patients with a family history of these conditions) should be assessed more frequently and thoroughly.

- Age > 40 years: at least every 3 years [Consensus]
- Age > 50 years: at least every 2 years [Consensus]
- Age > 60 years: at least annually [Consensus]

*Taken From the Canadian Ophthalmological Society Guidelines for Periodic Eye Examination In Adults In Canada