



Children's Vision

Can your child see to learn? One in five can't.

Children's Vision Facts

- 80% of learning is visual
- 30% of children under age 18 have a vision problem
- 75% of juvenile delinquents have untreated vision problems



Warning Signs of Children's Vision Problems

Young children may never complain about their vision because it's the way they have always seen.

- Frequent rubbing or blinking of the eyes
- Short attention span or daydreaming
- Poor reading
- Avoiding close work
- A drop in scholastic or sports performance
- Covering one eye
- Squinting one or both eyes
- Placing head close to desk when reading
- Poor eye-hand coordination skills
- Tilting of the head when reading
- Frequent headaches

Professional Eye Exam vs. School Vision Screening

The most common childhood vision problems such as lazy eye, eye coordination and farsightedness can be missed in screenings up to 80% of the time. School vision screenings are a quick test of the basics of vision and an important part of the cooperative healthcare effort, but are in no way a substitute for a professional eye exam by an Optometrist. A comprehensive exam and professional interpretation is the only way to thoroughly test a child's vision system as it pertains to the learning process. A professional exam will include not only testing of vision, focusing and eye alignment, but also the efficiency of the vision system and eye health.

See To Learn®

It's **FREE!** See To Learn® provides free professional Optometry exams for three-year-olds.

The EyeCare Center has expanded the offer of **free** exams to include all children **ages birth to five!**

Doctor Recommendation

An eye exam at ages 1, 3 and 5 will ensure proper development of the vision system and make sure that your child is ready visually to enter school.

The EyeCare Center Yearly Vision & Eye Health Exam is recommended every year thereafter to detect vision changes and to assess eye health as children grow and vision demands change.



More Information about Children's Vision



www.goeyecarecenter.com • www.eyedidntknowthat.info • www.seetolearn.com

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Developmental Milestones

Birth to 4 Months

- Newborns have limited color vision, vision of about 20/400 and an 8-12 inch range of focus
- At 8-12 weeks color vision develops, and the ability to follow moving objects with their eyes is gained by moving their head
- From 2-4 months there is improved accuracy with eye movements
- 4 months marks the beginning of eye-hand coordination; start reaching for objects

4-6 Months

- Beginning of eye-body coordination; push themselves up, roll over, control body of movements
- Skillful eye-hand coordination; grasp at objects freely, directs bottle into mouth
- Achievement of full binocularity, or “two-eyed” vision with depth perception
- Improvement in spatial and dimensional coordination; reaches for objects accurately
- Refinement of eye teaming and focusing skills; quick focus shift between near and far distances

6-8 Months

- Mostly accurate eye movement control and binocular coordination
- Crawling; further developing eye-body coordination and **important** for binocular improvement
- Sets visual goals; seeing something and moving to get it
- Rapid development of visual perception skills and notices differences in size, shape and position

8-12 Months

- Improved depth perception
- Visual Motor Integration; grasping and throwing objects fairly accurately
- Perception skills; visual memory and visual discrimination help make sense of the world they see
- Integration of their vision and fine motor coordination allow control of smaller objects including feeding themselves with finger foods
- When learning how to walk; children use their eyes to direct and coordinate their body’s large muscle groups to guide whole body movements

1-5 Years

- Continued vision development with visual motor integration, eye teaming and depth perception
- Improve visual skills by stacking building blocks, rolling a ball back and forth, coloring, drawing, cutting, and assembling connectable toys
- Reading to a child helps develop strong visualization skills as the child “pictures” the story in his or her mind
- 20/20 vision is not achieved until ages 3-5

