



## Vision Checklist

Carefully observe your child. Look for some of the more common signs of vision problems. If you check off several items, take your child for a thorough vision examination testing visual efficiency skills. Don't send your child to school without all the appropriate tools for learning success, especially visual skills!

### Physical Observations:

- One eye drifts or points "in" or "out," in a direction different than the other
- Turns head to see
- Head is frequently tilted to one side
- Squinting, closing of one eye, or covering an eye
- Excessive blinking
- Poor eye-hand coordination
- Frequently bumps into things
- Fatigues easily

### When Reading or Doing Homework:

- Holds the book unusually close
- Frequently loses place
- Uses finger or marker when reading (after 2<sup>nd</sup> grade)
- Rubs eyes during or after short periods of reading
- Unable to read for long periods of time
- Difficulty concentrating
- Avoids homework

### Behavioral Signs:

- Headaches or eyestrain
- Dizziness
- Motion or car sickness
- Visual complaints (blur, double vision ...)

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Ask your optometrist 2 questions:

Do you do near point testing?

Do you provide vision therapy or refer to an Optometrist who does?

COVD.org – find a doctor