



Take this Eye-Q Test — See how much you know about your child's vision.

As a parent, you want your child to have a happy, healthy and successful life. But what do you know about your child's eye health? Do you know if your child can see well or if there are any underlying conditions that might be affecting their performance in school or on the playground?

Take this quiz to learn more about vision and children.

- 1** As many as 1 in 6 children has a vision problem serious enough to impact their learning and development.
- 2** My child will tell me if he or she has a vision problem.
- 3** A vision screening performed in a school is the same as a full eye examination.
- 4** Conditions such as lazy eye (amblyopia) should be corrected by the age of 6 to have the best chance of correcting the problem.
- 5** Rubbing eyes, squinting or tilting head to one side are all symptoms of a possible vision problem in your child.
- 6** Babies are not able to have a full eye examination. Only children who can read letters are able to have one.
- 7** Children should have their eyes examined only when they say they are having problems seeing well.
- 8** After an eye examination, a parent should know if their child's eyes are coordinated, see colour well and have good depth perception.
- 9** An optometrist, ophthalmologist and my family doctor all have different roles in helping my child's vision.
- 10** As much as 80% of learning in the early years is based on visual stimulus.

TRUE	FALSE	NOT SURE
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To see how you did, read all of the answers on the back of this sheet. If you got 9 or 10 right, congratulations. You know a lot about your child's eye health. If you missed some answers and would like to learn more about vision and your child, visit our web site to find an optometrist nearest you or contact our office.

Answers

1 True.

Numerous studies indicate that at least 1 in 6 children has a vision problem, serious enough to impact their learning and development.

2 False.

Your child will not necessarily tell you if they have a vision problem since it is only by age 9 or 10 years that they develop the experience to know what is normal as far as their vision is concerned. Children before this age will assume their vision is the same as those around them and develop coping mechanisms, such as closing one eye or avoiding certain tasks.

3 False.

A screening done in a school by either a trained volunteer or by a qualified eye care professional is not a full eye health examination. It simply helps identify children at risk of vision problems. It very often will not detect children who are farsighted. Screenings are no longer sponsored by the Ministry of Education in schools.

4 True.

Early identification of children with lazy eye or turned eye (strabismus) need to be identified early in order for treatment to have the highest chance for success. Patches, eye drops corrective lenses or exercises may be used to strengthen the weaker eye. Surgery is used in more severe cases.

5 True.

Some symptoms are quite noticeable such as rubbing eyes and tilting the head. Some are less obvious and may not necessarily be thought of as linked to vision problems, such as avoiding close work, sitting too close to the television or even hand eye coordinated activities such as catching a ball.

6 False.

Babies as young as six months of age can and should be tested. Children do not have to be able to read to be tested as there are many child-friendly tests an optometrist can perform that can check your child's vision.

7 False.

The OAO's Recommended Guideline for frequency of children's eye examinations is at 6 months of age, before a child starts school and then every 12- 24 months as recommended by your optometrist.

8 True.

A comprehensive eye examination will test for many things including your child's eye health, visual acuity, distance and near vision, colour perception and depth of vision.

9 True.

Family doctors can identify children who are near sighted using a wall chart and also will prescribe medications for eye infections. Optometrists are specially trained eye doctors that perform full eye health examinations. Ophthalmologists are specialists in eye surgery.

10 True.

Visual stimulants play a large role in the development of a child's brain and knowledge. It is important that your child be able to see well in order to learn better.

Know the Risks to Your Child's Eye Health.

Get your child's eyes examined regularly.



Ontario Association of Optometrists
www.eyecareoao.com

