



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 2nd 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 ...)