

# 9 SIGNS YOUR CHILD MIGHT HAVE A VISION PROBLEM

You might be surprised to learn about the kinds of things kids do when they are having difficulty with their vision. Here are some things to remind you what to look for:

1



**Your child holds books, papers, and screens very close to their eyes.**

Bringing things closer might be your child's way of trying to make sense of things.

2



**Your child exhibits general clumsiness.**

Kids run into things, stumble on steps, etc. when they can't see well.

3



**Your child frequently asks you to explain what's going on.**

Feeling confused can occur when there are no visual cues.

4



**Your child loses interest in school and learning.**

As things get harder, kids can't keep up.

5



**Your child has a short attention span.**

Confusion makes paying attention difficult.



If you recognize one or more of these indicators in your child, you might want to find an eye doctor and make an appointment. For more information, go to [visionoptions.thevisioncouncil.org](https://visionoptions.thevisioncouncil.org)

6



**Your child complains of headaches.**

Vision issues can cause headaches.

7



**Your child doesn't follow the rules of the house.**

Without visual cues, kids have trouble remembering things.

8



**Your child is scared of getting hit by a ball or doesn't want to play sports.**

Not being able to see a ball coming can be scary.

9



**Trouble dealing with social or emotional situations.**

Being unable to see body language can make interacting with others confusing.

# PARENTS HOLD THE KEYS TO KIDS' VISION



Parents are more than twice as likely to wear UV eye protection than their children

2X



48% of parents think their child should have, at most, one eye exam before starting kindergarten

48%



The Vision Council surveyed 1,000 parents with children age 2 to 17 in June 2019 to find out more about their habits around their family's eye health. The results demonstrated that there is a need for educating parents on the importance of regular eye exams to catch vision problems, as well as ultraviolet (UV) protection from a young age.



Nearly a quarter of parents said their children never wear UV eye protection, while only 42% of children wear UV eye protection when sunny, and only 8%

when overcast

22%



Almost half (44%) of parents believe eye screenings with a pediatrician or school nurse, or monitoring kids at home, among other methods, catch all eye problems in children

44%