

10 Signs Your Child Has a Vision Problem



1.

Head Tilt: If your child has a problem with their ocular muscles or nerves they will attempt to compensate by tilting their head.

2.

Sitting too close to the TV: If your child is nearsighted, they will attempt to compensate for this by moving closer to the TV or other reading materials.

3.

Avoidance of Reading: If your child has poor visual or eye teaming skills they will compensate for this by avoiding reading. Reading uses many complex eye movements and poor visual skills may cause your child to become frustrated easily.

4.

Frequent Headaches: Headaches may result when your child is over strained using all of their energy to align, focus and use their eyes.

5.

Laterality Problem: If your child has poor directional skills and often confuses left and right it could be due to poor vision. Proper oculocentric location is dependent on vision and laterality depends, in part, upon oculocentric location.

6.

Finger Pointing: If your child has poor vision tracking skills they may use their finger to compensate for their poor tracking ability.

7.

Can't copy from the board: Your child may have difficulty with accommodation, the ability to change focus between far and near. This is essential for success in school.

8.

Squinting:

Squinting is used to narrow a bundle of light entering the eye which allows for sharper vision. Your child may be squinting because this act compensates for blurry vision.

**K
IDS
NEED
COMPLETE
EYE EXAMS TOO**

9.

Poor Hand/Eye Coordination: This skill is required for everything from writing notes in class to playing ball with friends. Clear vision and adequate visual skills is required to create an accurate link between vision and other body movements.

10.

Eye Rubbing: Rubbing ones eyes is a basic response to ocular discomfort. It typically occurs when ones eyes are strained or have been working much too hard to complete a task.