

## ***What to Watch for – Vision Problem***

Parents and teachers often have difficulty recognizing some visual problems because children don't necessarily know how or what they're supposed to be seeing, so it's unlikely they will clearly describe visual problems. A child who has never known normal vision or depth perception doesn't know what he or she is missing.

### **If you observe:**

- One eye drifts or aims in a different direction than the other, even if it only occurs when the child is tired or stressed.
- turns or tilts head to see
- head is frequently tilted to one side or one shoulder is noticeably higher
- squinting or closing of one eye
- excessive blinking or squinting
- poor visual/motor skills (often called, "hand-eye coordination")
- problems moving in space, frequently bumps into things or drops things

### **While reading or doing close work your child:**

- holds the book or object unusually close
- closes one eye or covers eye with hand
- twists or tilts head toward book or object so as to favor one eye
- frequently loses place and eyes tire easily
- uses finger to read
- rubs eyes during or after short periods of reading

### **Your child frequently complains of:**

- only being able to read for short periods of time
- headaches or eyestrain
- nausea or dizziness
- motion sickness
- seeing double

From: [www.children-special-needs.org/parenting/preschool/children\\_eye\\_exams.html](http://www.children-special-needs.org/parenting/preschool/children_eye_exams.html)