

Vision Development at a Glance

Birth to 1½ Months

- Holds gaze on a bright light or bright object for a moment
- Eyes and head move together

2 to 6 Months

- Eyes begin to follow moving objects or people (8-12 weeks)
- Watches parent's face when talked to (10-12 weeks)

7 to 12 Months

- Can move eyes with little head movement (30-36 weeks)
- Looks at/checks out toys held in own hand (38-40 weeks)

12 to 18 Months

- Looks at simple pictures with interest (14-16 months)
- Points to objects or people and says "look" or "see" (14-18 months)

2 to 3 Years

- Sometimes looks at/checks things out without needing to touch them (20-24 months)
- Watches own hand while scribbling (26-30 months)

3½ to 4 Years

- Searches pages of a book for very fine detail (like hidden objects) (40-44 months)
- Draws and knows names of circle and cross (40-44 months)

4 to 5 Years

- Uses eyes and hands together well for: drawing, cutting and pasting simple pictures, copying basic forms and some letters, catching a ball

NATIONAL RESOURCES

The Lions Club: For photo-screening opportunities, find your local Lions Club at www.lionnet.com

The American Optometric Association:
Web: <http://www.aoanet.org>

The American Academy of Optometry: E-mail: aaoptom@aol.org

The American Academy of Ophthalmology: Phone: (415) 561-8500
Web: <http://www.eyenet.org>

The American Association of Pediatric Ophthalmology & Strabismus:
Web: <http://med-aapos.bu.edu>

College of Optometrists in Vision Development:
Phone: (888) COVD-770
Web: <http://www.covd.org>

Early Connections Project
Vision Screening Committee
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HOW WELL DOES
MY CHILD
SEE?



A GUIDE FOR
FAMILIES

Good Eye Care is Important!

It is estimated that 80% of a child's learning occurs through vision. Yet, more than half (60%) of children never have their vision screened! The earlier a problem is identified, the better. Early detection may help children get proper vision care, help them succeed in school, and may even prevent vision loss.¹

CHECK VISION EARLY

A vision screening shows if children can see well or if they have problems seeing. Some vision problems can be corrected if they are found early. Early vision screening may help prevent vision loss. Make sure your child gets a good vision screening from a healthcare provider on a regular basis. These screenings are usually part of well child checkups.

SCREEN ON TIME

- ↪ Newborns who are sick or in intensive care nurseries should have a vision screening if there are any concerns.
- ↪ Children 6 months to 3 years should have a yearly screening that looks at eye health, need for glasses and eye coordination.
- ↪ Children 3 to 5 years should have a yearly screening that includes the above plus preschool acuity cards.
- ↪ Many children would benefit from a **full eye exam** by age 5½ (before entering school) by an optometrist or ophthalmologist, just to make sure there are no problems.

1. American Academy of Pediatrics, 1996.

Reasons for Concern

Talk to your child's healthcare provider if you have concerns or if you notice:

- ☆ Eyes or eyelids are unusually red or crusty
- ☆ Child rubs eyes a lot
- ☆ One eye turns in or out when child is tired (over 6 months of age)
- ☆ Eyes tear a lot
- ☆ Eyelids are very droopy
- ☆ Pupils are different sizes
- ☆ There are styes, or sores, on lids
- ☆ Child squints a lot in bright light or while looking at distant objects
- ☆ Child closes one eye or tilts head while looking

If you and your healthcare provider believe your child needs more than a vision screening, a full eye exam is recommended.

Eye Exam Costs

Many health insurance programs will pay for an eye exam for children. Check with your health insurance provider.

If you are worried about the cost of a full eye exam, check with the Lions Club in your area or your state public health department.

If your child has no health insurance, he or she may qualify for your state's Children's Health Insurance Program. For information, call toll-free:

1-877-KIDS-NOW

New Hampshire Resources

INFORMATION & SCREENING

N.H. State Web Site for Vision:

Web: <http://www.nhbvi.com>

N.H. Lions Operation KidSight:

- ☆ Free eye screenings offered throughout NH
- Phone: (603) 223-2030
Fax: (603) 223-2503
e-mail: kidsight@getglobal.net

N.H. Department of Health & Human Services, Preschool Vision & Hearing Screening Program: (Public Health Department)

- ☆ Free eye screenings offered throughout NH
- Phone: (800) 852-3345 Ext. 4532 or
(603) 271-4532

EDUCATION & SERVICES

The MICE Program (children under age three):

Phone: (603) 228-1028
Fax: (603) 228-3400
e-mail: miceprogram@juno.com

ASSETT (Assistive Services to Schools for Education, Technology & Training, for children from age 3 to 21):

Phone: (603) 226-2900

For national resources on vision screening and eye care, see the back of this brochure.

Vision screening should be done any time there is a concern.

WHEN IN DOUBT, CHECK IT OUT!