Did you know 80% of learning occurs through the eyes?
Ensuring your child has good vision is crucial to successful learning and overall healthy development.

Excellence in school starts with excellent vision

A school-age child's eyes are constantly in use in the classroom and at play. School-aged children require:

- Clear vision, at distance and up close
- The ability to maintain focus at any distance
- Good focusing flexibility to allow rapid change from one distance to another
- Eye-teaming skills, including control of eye position, movement and tracking
- Peripheral vision and eye-hand coordination

If any of the above visual skills are impaired, your child may have to work harder in the classroom to learn. As a result, they may develop physical symptoms like headaches and irritability, or behavioral symptoms like avoidance and inattention.

Some schools offer vision screenings. However, these are not a substitute for a comprehensive eye exam by a Doctor of Optometry since it involves only a limited number of tests that cannot detect all eye problems. In fact, as many as 43% of children with vision problems are able to pass a screening.
Be alert for symptoms. Your child may not realize they have a vision problem — they may simply assume everyone sees the way they do. A vision-related problem may cause any of the symptoms described below:

- Wandering or crossed eyes
- Experiencing headaches
- Avoiding near or distance work
- Covering, closing or rubbing of the eyes
- Turning or tilting the head
- Holding objects very close to face
- Using a finger to maintain place while reading
- Losing place while reading
- Losing interest quickly or irritability
- Omitting or confusing small words when reading
- Performing below their potential

Book Your Child an Eye Exam

Doctors of Optometry recommend that children have their eyes examined at 6 months; 3 years of age and then yearly after starting school because vision changes can occur rapidly as they grow.

Eye See...Eye Learn® Program

If your child is attending a Junior Kindergarten program in an Eye See...Eye Learn® region, they can receive one free pair of glasses with their OHIP-covered eye exam, if prescribed by a participating OAO Doctor of Optometry. Offer available July 1 to June 30.

Doctors of Optometry are the primary source for all your vision, eye health and eyewear needs. To find a participating Eye See...Eye Learn® doctor, visit our website.

Annual comprehensive eye examinations are covered under OHIP (Health Card) for children up to 19 years of age.

Take the EyeQTest by scanning the QR code with your smartphone or tablet.


Ontario Association of Optometrists
Healthy Eyes. Doctor Delivered.

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