



Children's Vision Checklist



NAME:

DATE:

This handy teacher's checklist can be kept on file for each child, so improvement or deterioration can be monitored over time.

Children's eyes can be tested by an optometrist at any age and the sooner problems are recognised, the more time there is to make adjustments before a child's eyesight is fully developed at around eight years old and less likely to respond to treatment after this age.

Children's eye tests are free and they are entitled to a voucher worth £40 off frames up until the day before their 19th birthday.

Please consider the age appropriate tasks for development & ability when assessing a child.

01332 291010

www.richardpetrie.com

**564 Burton Road, Littleover,
Derby**

APPEARANCE

- Reddened eyes or eyelids
- Eyes often water excessively
- One eye turns inwards or outwards
- Encrusted eyelids
- Frequent styes
- Squinting or screwing eyes up

COMPLAINTS WHEN USING EYES

- Complaints of headaches
- Burning or itchy eyes - may say "eyes hurt"
- Double vision or blurred print - may say "can't see", "fuzzy", "blurry"
- Words move or 'swim' around the page - may say "letters/words are moving"
- Holds face close to desk

WHEN READING

- Moves head around
- Loses place often or needs a marker
- Often misses words
- Re-reads lines
- Skips lines
- Fails to recognize words
- Whispers to self
- Loses interest quickly
- Holds book close to face
- Cannot easily pick out letters on the board
- Cannot easily distinguish two similar shaped characters

WHEN WRITING OR DRAWING

- Struggles to stay on the lines
- Writes uphill or downhill
- Repeats letters in words
- Misses out letters
- Misaligns digits
- Squints, closes or covers one eye
- Tilts head
- Reverses letters and words
- Struggles to visualise
- Odd working posture at desk or table
- Bad orientation when drawing
- Holds face very close to desk

OTHER ISSUES

- Must feel things to understand them
- Confuses left and right
- Difficulty with similarities and differences
- Avoids desk work
- Excessive blinking
- Squinting
- Rubs eyes frequently
- Easily tires when doing activities using eyes
- Difficulty picking out a person or object in a group of objects or crowd of people quickly, easily or at all
- Short attention span for any one task and desire to keep changing activities after a short period of time