

FIND AN EYE DOCTOR FOR YOUR CHILD OR FOR YOURSELF

PEDIATRIC OPHTHALMOLOGIST:

The pediatric ophthalmologist is a medical and surgical eye doctor who can deliver total eye care (such as vision services, contact lenses, eye examinations, medical eye care, and surgical eye care), and specializes in the eye problems of children.

[https://secure.aapos.org/aapos/
Find-a-Doctor](https://secure.aapos.org/aapos/Find-a-Doctor)

OPTOMETRIST:

The optometrist is a health care professional trained and state licensed to provide primary eye care services. These services include comprehensive eye health and vision examinations; diagnosis and treatment of eye diseases and vision disorders; the detection of general health problems; the prescribing of glasses, contact lenses, low vision rehabilitation, vision therapy, and medications; the performing of certain surgical procedures; and the counseling of patients regarding their surgical alternatives and vision needs as related to their occupations, hobbies, and lifestyle. Some optometrists are “pediatric

optometrists” who specialize in working with young children.

[https://www.aoa.org/healthy-eyes/
find-a-doctor?sso=y](https://www.aoa.org/healthy-eyes/find-a-doctor?sso=y)

OPHTHALMOLOGIST:

The ophthalmologist is a physician who is qualified by medical education, training, and experience to diagnose, treat, and manage all eye and visual system problems. The ophthalmologist is the medically trained specialist who can deliver total eye care to people of any age.

[https://secure.aao.org/aao/find-
ophthalmologist](https://secure.aao.org/aao/find-ophthalmologist)

FOR MORE INFORMATION ABOUT EYE DOCTORS AND AN EYE EXAM, VISIT:

Your Child’s Eye Care at
Prevent Blindness:
[https://www.preventblindness.org/
your-childs-eye-care](https://www.preventblindness.org/your-childs-eye-care)

225 West Wacker Drive
Suite 400
Chicago, Illinois 60606
800.331.2020
PreventBlindness.org

Find Eye Care for Yourself or Your Child *(Continued)*

Children's Books About Vision

Jacob's Eye Patch

by Beth Kobliner-Shaw

My Traveling Eye

by Jenny Sue Kosteci-
Shaw

The Patch

by Justina Chen

Arlo Needs Glasses

by Barney Saltzberg

Luna and the Big Blur

by Sharley Day

Kylie's Eye Check

by Wendy Hall

The Eye Book

by Dr. Seuss

The Good Luck Glasses

by Sara London

Why Do I Have To Wear Glasses

by Sandra Lee Stuart

Fancy Nancy Spectacular Spectacles

by Jane O'Connor

Arthur's Eyes

by Marc Brown

Additional books:

<http://www.wonderbaby.org/articles/childrens-books-featuring-visually-impaired-characters>

Tips for a positive trip to the eye doctor's office

Making the appointment

Schedule the appointment when your child is not likely to be sleepy or hungry. If your child has a "cranky" time of day, schedule around it.

If you have medical insurance and/or a vision service insurance plan, ask what coverage they provide for eye exams, care and treatment. Vision insurance usually covers eye exams, and medical insurance might cover treatments.

Preparing for the visit

- *Check to be sure the eye care provider has a translator if necessary or bring someone with you to translate.*
- *Make a list of your questions and bring it with you to the examination. Take notes when speaking to the doctor, so you can refer to them later.*
- *Have a plan ready in case you need to spend time in the waiting room. For example, bring a favorite storybook, coloring book, small toy that your child can play with quietly, and a healthy snack in case your child becomes hungry.*
- *Let your child watch a family member get an eye exam. Have the doctor explain what*

is being done, step by step, and encourage the child to ask questions.

- *Read a book about vision with your child (list of books on left side of page) before the appointment.*

The day of the visit

Bring your child's favorite cuddly toy or blanket, etc. Some doctors might "examine" the bear or doll and holding a toy may keep little hands off of equipment.

Relax. Children look to adults for cues. If you seem nervous, your child may become anxious. Sometimes, dilating eye drops are necessary. These are low-risk and add useful information in the visit; tell your child this is okay during an exam and stay positive.

Make sure you understand the treatment (e.g., eyeglasses, patching) that is prescribed. Ask questions and get good instructions.

For more information about eye doctors and eye examinations, visit:

Your Child's Eye Care at
Prevent Blindness
<https://www.preventblindness.org/your-childs-eye-care>

7/22/20