

DID YOU KNOW?

TIPS FOR PARENTS and CAREGIVERS



We can't see that kids can't see.

- Children generally do not complain about problems with their vision.
- Parents and caregivers rarely know their child has a vision disorder.
- Uncorrected vision and eye problems can lead to a permanent vision loss.

What you can do:

1. Watch your child while at play, and while looking at books, pets, or other people. If something does not seem right, discuss your concern with your child's medical care provider.
2. Talk with your child's medical care provider about any family history of vision problems (such as "lazy eye", a "crossed eye", use of an eye patch as a child to correct vision, your wearing eyeglasses at a young age, or other young children in your family who have vision problems and wear patches or prescription eyeglasses).
3. Ask at every well-child visit if your child received eye and vision screening.
4. Ask for a copy of the vision screening results and make sure you understand what they mean.
5. Your child's medical care provider may recommend that your child see an eye doctor. If so, be sure to make and keep that appointment.
6. After the eye exam appointment, ask your eye doctor questions until you fully understand the eye exam results and the eye doctor's suggestions for treatment.
7. After the eye exam appointment, make sure results are sent to your child's medical care provider. Ask for a copy of the eye exam results and suggestions.
8. If the eye doctor recommends prescription glasses for your child, buy prescription glasses, make sure the eyeglasses fit your child's face, and make sure your child wears the glasses as prescribed by your eye doctor at home and in classrooms or other places outside the home.
9. Teach your child how to put on and take off the glasses, the importance of keeping the glasses clean, how to clean the glasses, how to prevent scratched and broken glasses, and how to store the glasses in the special eye glass case when your child is not wearing the glasses (such as bed time).
10. Give a copy of the eye doctor's treatment plan to any programs that serve your child outside the home to help support following the treatment plan outside the home.



"Small Steps for Big Vision" is an initiative of the National Center for Children's Vision and Eye Health at Prevent Blindness (www.nationalcenter.preventblindness.org). For more information, contact: info@preventblindness.org

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