

DOES YOUR CHILD HAVE A VISION PROBLEM?

Eyes are very important. The following guide can assist you in determining if your child has a vision problem.

Do your child's eyes look abnormal?

Eyes turn in or out, eyelids that droop and pupils that are different sizes may indicate your child has a vision problem. If you notice swelling or crusting of the eyelids or pinkness in the eye itself, your child may have an infection.

What is your child saying?

If your child complains about headaches, sore eyes, blurred vision or words that jump or move around the page when reading, or not being able to see the board, your child may have a vision problem.

What are you and the teacher noticing?

If you or the teacher notices your child tilts his/her head, covers one eye, rubs eyes or frowns when concentrating on an object, has difficulty in keeping place when reading (tracks words with a finger) or holds printed material in an unusual position, your child may have a vision problem.

Other common signs of a vision problem include lack of interest in activities that include concentrating on an object, lack of interest in reading and daydreaming in class.

If you notice any of these problems or there is a family history of vision problems, contact your optometrist.

For more information contact:

- ◆ Your local optometrist
- ◆ HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca

Health Units:

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| Esquimalt | 250-519-5311 | Salt Spring Island | 250-538-4880 |
| Outer Gulf Islands | 250-539-3099 | Sooke | 250-642-5464 |
| Peninsula | 250-544-2400 | Victoria | 250-388-2200 |
| Saanich | 250-519-5100 | West Shore | 250-519-3490 |