



Recognizing Vision Problems in School-Age Children

Children at risk for vision problems:

The following children are more at risk for developing vision problems:

- children with a family history of conditions requiring eye glasses, surgery or patching.
- children with special needs (physical or intellectual disabilities and/or genetic metabolic disorders).

Children with vision problems may often:

- squint to see distant objects
- complain of headaches
- have red inflamed eyes that are not due to allergies
- have tired or sore eyes
- hold reading material closer than normal
- turn or tilt head to use one eye only or close one eye to read
- rub their eyes

Take your school age child to an optometrist or ophthalmologist:

- once a year for an eye health check, or as recommended by the optometrist/ophthalmologist, based on your child's vision conditions
- if your child has any of the behaviors listed above
- anytime you are concerned about your child's vision
- at least once between the ages of 2 & 5 years. (Infants & toddlers should have their first eye exam between the ages of 6 & 9 months)

Saskatchewan Health covers the cost of eye examinations once every 12 months for children under 18 years of age.