



PEDIATRIC OPTOMETRY

SIGNS SYMPTOMS & THE ESSENTIALS OF PEDIATRIC VISION PROBLEMS



Vision Problems = Life Problems

- 1) Study shows **25%** of all students suffer from undiagnosed vision problems. Among juvenile offenders, it is estimated that **70%** have undiagnosed vision problems.
- 2) Study shows that serious visual conditions exist in **98%** of juvenile delinquents.
- 3) Study by Dr. Duckman shows that **83.5%** of the **351 foster children** tested had vision problems.
- 4) Study by Dr. Mozlin shows that only **17** of the **62** students (**27%**) identified as severe actually followed up to receive the vision care they needed.

1,3,4 - A Clear Vision for Equity and Opportunity: Journal article by Marge Christensen Gould, Herman Gould; Phi Delta Kappan, Vol. 85, 2003

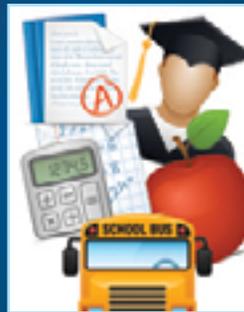
2 - (The Prevalence Of Visual Conditions In A Population Of Juvenile Delinquents, Paul Harris O.D., Vol 16, #4, January 1989)

Don't Let Your Child Fall Behind

If we understand that vision problems result in skill deficiencies, difficulty in reading and learning, and poor academic performance -- which, in turn, create feelings of failure, low self-esteem, and lack of interest in academics -- then the connection to delinquency becomes clear. In its study "Abandoned in the Back Row: New Lessons in Education and Delinquency Prevention," the Coalition for Juvenile Justice reported, "The biggest finding is that school failure is one of the earliest and best predictors for future delinquent and criminal behaviour."

It's Essential

Since **70%** of classroom learning depends on the visual system, students with uncorrected vision problems are at a tremendous disadvantage before they even enter the classroom. It seems obvious that if a student cannot see clearly, he or she is going to have a very difficult time reading, writing, and even participating in sports. Yet parents and educators almost always overlook vision problems as a possible roadblock to learning.



Marge Christensen Gould, Herman Gould; Phi Delta Kappan, Vol. 85, 2003

DOES YOUR CHILD HAVE A VISION PROBLEM ?



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Pediatric Optometry



10 Signs Your Child Has A Vision Problem

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- 1. Head Tilt** If your child has a problem with their ocular muscles or nerves they will attempt to compensate by tilting their head.
- 2. Sitting Too Close To The T.V.** If your child is nearsighted, they will attempt to compensate for this by moving closer to the T.V or other reading materials.
- 3. Avoidance of Reading** If your child has poor visual skills and eye teaming skills they will compensate for this by avoiding reading. Reading uses many complex eye movements and poor visual skills may cause your child to become frustrated easily.



Eye Exam Schedule

- 1) First eye exam at 6 months old
- 2) Next eye exam at 3 years old
- 3) An additional eye exam right before school

--(American Optometric Association
Clinical Guidelines)

4. Frequent Headaches Headaches may result when your child is over strained using all of their energy to align, focus and use their eyes.

5. Laterality Problem If your child has poor directional skills and often confuses left and right it could be due to poor vision. Proper oculocentric location is dependent on vision and laterality depends, in part, upon oculocentric location.

6. Finger Pointing If your child has poor vision tracking skills they may use their finger to compensate for their poor tracking ability.

7. Can't Copy From The Board Your child may have difficulty with accommodation, the ability to change focus between far and near. This is essential for success in school.

8. Squinting Squinting is used to narrow a bundle of light entering the eye which allows for sharper vision. Your child may be squinting because this act compensates for blurry vision.



Some Essential Components for a Normal Binocular Vision System

9. Poor Hand/Eye Coordination This skill is required for everything from writing notes in class to playing ball with friends. Clear vision and adequate visual skills is required to create a accurate link between vision and other body movements.

10. Eye Rubbing / Squinting Rubbing ones eyes is a basic response to ocular discomfort. It typically occurs when ones eyes are strained or have been working much to hard to complete a task. Squinting is used to narrow a bundle of light entering the eye which allows for sharper vision. Your child may be squinting because this act compensates for blurry vision.