

## Find an Eye Doctor for Your Child or for Yourself

### **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)

### **PEDIATRIC OPTOMETRIST:**

A pediatric optometrist receives extra training in the diagnosis and management for eye conditions for children from birth to age 21 years.

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

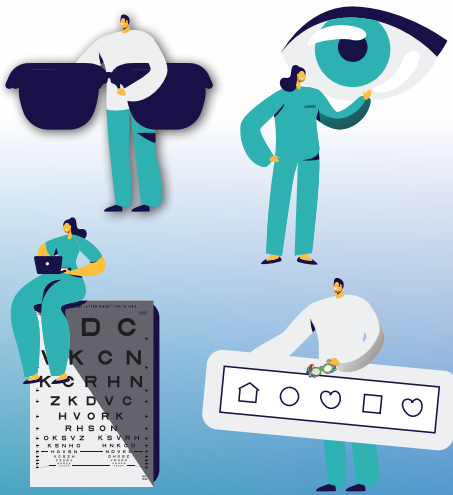
### **PEDIATRIC OPHTHALMOLOGIST:**

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/  
i4a/memberDirectory/index.  
cfm?directory\\_id=7&pageID=3322](https://secure.aapos.org/i4a/memberDirectory/index.cfm?directory_id=7&pageID=3322)

### **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](http://PreventBlindness.org)

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(Continued)

## Children's Books About Vision

### *Jacob's Eye Patch*

by Beth Kobliner-Shaw

### *My Traveling Eye*

by Jenny Sue Kostecki-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>

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