

# 10 TAKE-HOME MESSAGES FOR THE PARENT/CAREGIVER

1. Children with good vision learn better, pay more attention during activities, participate more in classroom activities, and have improved confidence and behavior.
2. Most vision problems are not like a “boo-boo” that requires a bandage. Your child may have a vision problem that is not easily seen by a parent or another adult.
3. Children usually don’t know they have a vision problem; so they likely will not tell you. Taking your child for an eye exam if you receive a vision screening referral is the only way you will know.
4. Parents/caregivers rarely know their child has a vision problem because you cannot see most vision problems. We can’t see that kids can’t see.
5. A vision screening, and an eye exam if your child does not pass vision screening, will let you know if your child has a vision problem.
6. Take your child for an eye exam if your child does not (or did not) pass a vision screening to help your child have the best vision possible.
7. Follow the eye doctor’s suggestions if your eye doctor says your child has a vision problem. The doctor may prescribe eye glasses, an eye patch, or other treatment.
8. Take care of your own vision needs.
9. Have an eye exam if you haven’t had an eye exam in the last 2 years, and ask your eye doctor how often you should return for another eye exam.
10. Get and wear prescription glasses if your eye doctor says you need glasses.



## 7 TIPS FOR YOUR CHILD'S EYE DOCTOR VISIT

The following 7 tips will help you make the most of your child's trip to the eye doctor.

1. Ask your relatives, friends, and neighbors if they know the name of an eye doctor who is good with children.
2. Schedule the appointment for a time when your child is not likely to be sleepy or hungry. For example, if your child has a "cranky" time of day, schedule around it.
3. Make a list of your questions and bring the list with you to the appointment. Take notes when speaking to the doctor, so that you can refer to them later.
4. 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.
5. 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.
6. Bring your child's favorite cuddly toy into the eye exam room. The eye doctor can "examine" the bear or doll.
7. Relax. Children look to adults for cues: If you seem nervous, your child may become anxious. A trip to the eye doctor should be fun for both of you.

This video – from our friends at Prevent Blindness Wisconsin – will give you a better understanding of the pediatric eye examination process and the importance of healthy vision for your child:

### “Your Child's Eye Exam ft. Dr. Tracey Strombeck”

<https://www.youtube.com/watch?v=ebzOAI9mjug>

For more information about your vision, or your child's vision, visit the **Parent Resources** section of the “Small Steps for Big Vision: An Eye Health Information Tool Kit for Parents and Caregivers” website: <https://nationalcenter.preventblindness.org/small-steps-for-big-vision/>



“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](http://www.nationalcenter.preventblindness.org)). For more information, contact: [info@preventblindness.org](mailto:info@preventblindness.org)

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