

Have your
child's eyes been
checked recently?

If not, it's
time to see an
eye doctor!



Scan to find local providers
in your area or visit
kyeyes.org/kidsee-kentucky



DID YOU KNOW?

The American Optometric Association recommends children receive an eye exam at:

- 6-12 months
- 3 years old
- 5 years old
- Annually after starting school

Schedule your child's eye exams soon!

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Children's Vision Statistics

- Approximately 1 in 4 school-aged children have vision problems.
- Up to 80% of learning is through vision.
- With an increase in digital learning following the COVID-19 pandemic, school-aged children have demonstrated an increase in:
 - Nearsightedness
 - Dry Eye Syndrome
 - Visual Fatigue Symptoms and Associated Conditions

A child can be 20/20 but still have the following signs of a potential vision problem:

- Eye rubbing/squinting
- Avoidance of reading
- Difficulty keeping place while reading
- Frequent headaches especially with near or computer work
- Double vision or closing one eye
- Inability to copy from the board
- Poor hand-eye coordination
- Poor grades or attention

Things That Can Be Detected in A Comprehensive Eye Exam with an Optometrist or Ophthalmologist:

- Significant Prescription (Need for Glasses)
- Amblyopia (Lazy Eye)
- Strabismus (Eye Turn)
- Neurological Conditions
- Problems Related to Learning
 - Eye Teaming
 - Eye Tracking
 - Focusing
 - Visual Processing

Early diagnosis and treatment are essential to optimizing vision and maximizing a child's potential in school.

