

PATH TO HEALTHY VISION

SCREENING ► EYE EXAM ► TREATMENT

Routine vision screenings are important for a child's growth and learning milestones. Children should receive vision screening:



**FOR THE FIRST TIME
AT 6 MONTHS OLD**



**AT LEAST ONCE BETWEEN
3-5 YEARS OLD**



**EVERY 1 TO 2 YEARS
THROUGHOUT GRADE SCHOOL**



**Healthy vision is a strong predictor of academic performance
in school-age children**

80%

80% of children's learning is through the use of their eyes



1 in 4 school-age children has a vision problem

27%

**Only 27% of Arizona children 5 years old and under receive
vision screening** ◀ **The lowest percentage in the nation!**

The Eyes On Learning Vision Coalition is a dedicated group of state, local, and national organizations with a collective commitment to vision health and learning success for all Arizona children.



Join Us: eyesonlearning.org



Children's Milestones for Healthy Vision and Early Literacy

MILESTONES

At these ages a child...

ACTIONS

How you can interact at these ages...

Can focus on parent/adult face (8 to 10 inches away).

Has good color vision.

Uses eyes and hands together to pick up and throw objects.

Birth



6 months



1 yr.



Talk with your baby about 8 to 10 inches from her/his face.

Play with toys your baby can grab, pull, or kick while you talk and sing.

Play hide and seek games with toys or your face.

Have your child's eyes examined by your pediatrician at his/her well-child visit.

Uses eyes and hands together well and sees if objects are far or near.

Sorts objects by shape and color.

Uses eyes, hands, and large body movements together, which are important for reading and writing.

Continues to fine-tune eyes' ability to focus and follow moving objects.

2 yrs.



3 yrs.



4 yrs.



5 yrs.



Provide paper and chubby crayons to practice early writing.

Talk together about shapes, colors, and number of objects when playing with your child.
Get first vision screening for your child.

Make time for building and stacking, rolling and throwing a ball back and forth, coloring, drawing, and cutting with child-safe scissors.

Call attention to letters on signs.
Talk about letter sounds.

Starts to read words on the page.

Uses healthy vision to be a good reader.

Reads chapter books. Is now learning an estimated 3,000 words a year.

6 yrs.



7 yrs.



8 yrs.



Make sure your child has regular vision screenings.

Build vocabulary through reading. Limit screen time to encourage reading.

Pay attention to complaints of headaches, burning/itchy eyes, or skipping over words when reading. Follow-up with an eye exam by an eye doctor.