

13 Signs that a vision check of your child's eyes are necessary.

- ① Consistently sitting too close to the TV or holding a book too close
- ② Losing his/her place while reading
- ③ Using a finger to follow along while reading
- ④ Squinting
- ⑤ Tilting the head to see better
- ⑥ Frequent eye rubbing
- ⑦ Sensitivity to light
- ⑧ Excessive tearing
- ⑨ Closing one eye to read, watch TV or see better
- ⑩ Avoiding activities which require near vision, such as reading or homework, or distance vision, such as participating in sports or other recreational activities
- ⑪ Complaining of headaches or tired eyes
- ⑫ Avoiding using a computer, because it "hurts his/her eyes"
- ⑬ Receiving lower grades than expected

Schedule an appointment with your Optometrist if your child exhibits the above signs. A visit with the optician may reveal that your child is **Shortsighted, Longsighted or astigmatic**. These three refractive errors are easily corrected with glasses or contact lenses.