

## EARLY EYE EXAMS MATTER

**Did you know?** The American Optometric Association (AOA) recommends a child's **first eye and vision assessment take place between 6 and 12 months of age.**

The eyes have developed quite a lot by 6 months of age, which is why this is an ideal time for the first eye check up. The examination will assess your child's vision, refractive error (prescription), eye teaming ability and overall eye health.



Through InfantSEE®, a public health program, infants can receive a **no-cost comprehensive eye and vision assessment** between 6–12 months of age - *regardless of income or insurance coverage.*



**Find a participating doctor in your local community:**  
[www.infantsee.org/find-a-doctor](http://www.infantsee.org/find-a-doctor)

## FREQUENCY OF EYE EXAMS FOR CHILDREN

Recommended guidelines by the American Optometric Association and the California Optometric Association:

- **6 months of age**
- **3 years of age**
- **Before entering 1st grade**
- **Every 1–2 years thereafter**

**Early detection is critical** to prevent lifelong difficulty with vision and learning.



Optometric Physicians  
of Washington

# CHILDREN'S VISION

## FIND A PEDIATRIC OPTOMETRIST IN YOUR LOCAL COMMUNITY



**InfantSEE Provider Directory**  
(no-cost infant eye exams)  
[www.infantsee.org/find-a-doctor](http://www.infantsee.org/find-a-doctor)

**AOA Doctor Locator**  
[www.aoa.org/healthy-eyes/find-a-doctor](http://www.aoa.org/healthy-eyes/find-a-doctor)



*Be sure to schedule an eye examination for your child. Healthy vision helps children succeed in school and in life!*

### QUESTIONS?

Contact Optometric Physicians of Washington at [opw@eyes.org](mailto:opw@eyes.org) or **(425) 455-0874**





## VISION SCREENINGS VS. COMPREHENSIVE EYE EXAMINATIONS

While vision screenings (done in school settings or at pediatrician visits) are often helpful, they **do not replace a comprehensive eye examination**. Screenings usually check visual acuity only and sometimes assess refractive error. They do not assess other important tests such as eye teaming, focusing ability, depth perception, eye health and much more.

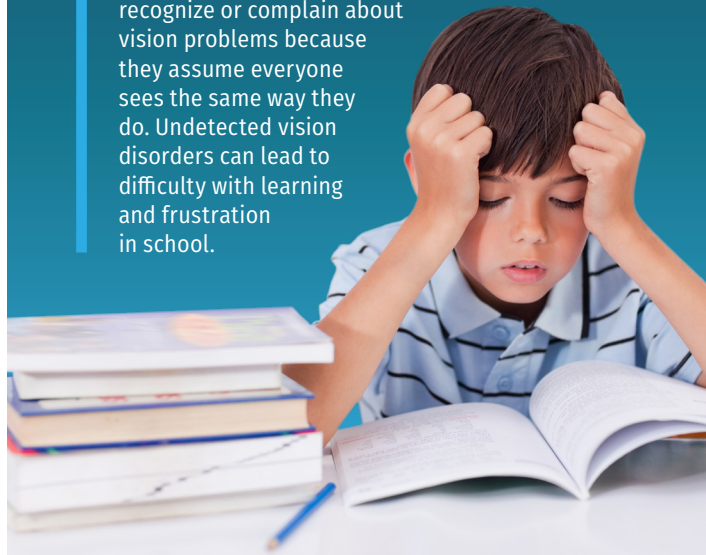
VISION SCREENING	COMPREHENSIVE EYE EXAM
<ul style="list-style-type: none"> <li>• Visual acuity</li> <li>• Refractive error (sometimes checked)</li> </ul>	<ul style="list-style-type: none"> <li>• Visual acuity</li> <li>• Refractive error</li> <li>• Eye teaming</li> <li>• Eye focusing</li> <li>• Depth perception</li> <li>• Color vision</li> <li>• Eye pressure</li> <li>• Eye health</li> </ul>

Imagine trying to read while the words are moving on the page.

Imagine trying understand to what read you if your eyes skipping are around words and lines.

Children do not know how they are supposed to see and don't always report these symptoms.

Children often do not recognize or complain about vision problems because they assume everyone sees the same way they do. Undetected vision disorders can lead to difficulty with learning and frustration in school.



## PROTECTING YOUR CHILD'S EYESIGHT

### Myopia (nearsightedness) is on the rise

A growing body of evidence suggests that behavioral lifestyle influences (reduced outdoor time, increased near work), along with genetics, are contributing to the myopia epidemic. The prevalence of myopia is increasing worldwide and it is predicted that 50% of the population will have myopia by 2050. High myopia increases the risk of serious eye disease. Early treatment slows progression and protects long-term eye health.

### Myopia management options

Once myopia starts, it can often progress very quickly. However, the good news is there are steps that can be taken early to slow the progression of a child's nearsightedness and protect their eye health long term.

- Atropine eye drops
- Multifocal soft contact lenses
- Orthokeratology (Ortho-K) contact lenses worn overnight
- Specialty spectacle lenses for myopia control

**Ask your eye doctor which treatment is best for your child**