

How well can
your child see?

Your Optometrist knows the answer!
During your child's eye exam, your
optometrist will assess:

- Visual acuity
- Lazy eye, crossed eyes
- Nearsightedness, farsightedness, astigmatism
- Colour vision
- Eye coordination, tracking and depth perception
- Eye health
- Family health history, overall health and lifestyle



Eye See...TM
Eye Learn!



Partners



A childhood
eye health and
vision awareness
program



Eye See...Eye Learn® is a childhood eye health and vision awareness program for eligible children entering Kindergarten in Newfoundland and Labrador.

How students participate

Step 1 Attend your pre-school health check and receive your Eye See... Eye Learn referral form. Visit www.nlao.org to find an Eye Doctor near you. Make an appointment for an eye exam. Keep your referral form in a safe place!

Step 2 Visit your Eye Doctor for the eye exam and bring your referral form. **Have insurance?** Please bring your insurance card. **Don't have insurance?** The cost of the eye exam will be covered.*

Step 3 Eligible students without insurance will receive one pair of eye glasses. The Eye Doctor will order your glasses for you. More information is available during your eye exam.

* up to a maximum agreed amount by NLAO and the Government of NL



What is an eye exam?

When you visit your Eye Doctor, you will sit in a big chair. The Doctor will look into your eyes with a light and cool instruments! This will help you get ready to start Kindergarten. An eye exam does not hurt!

Who is eligible?

A child who has completed their pre-school health check and is preparing to enter Kindergarten in Newfoundland and Labrador. Seeing an Eye Doctor before starting school is very important!



Vision and Learning

Did you know?

- 80% of learning is visual.
- 1 in 4 school-aged children has a vision problem.
- An eye exam detects health problems such as crossed eyes or lazy eye.
- Children with vision problems are often misdiagnosed as having learning or behavioural disabilities.
- The earlier an eye health or visual problem is identified, the more likely it can be corrected.
- Children often don't know they have a vision problem, as they believe what they are seeing is normal.
- It is not uncommon for parents to believe they would know if their child has a vision problem, because these issues can be hard to spot particularly if there is a problem in only one of the eyes.

What is an Optometrist?

Your optometrist (doctor of optometry) is a primary source for all your vision, eye health and eyewear needs. They have the knowledge, tools and equipment necessary to diagnose, treat, prescribe medications or refer to a specialist, if needed.