

Kids What is the Welcome Here[®] campaign?

The Children's Vision 1-3-5 program is part of the Kids Welcome Here Campaign, a commitment by the Oregon Foundation for Vision Awareness to ensure that our children have the best possible eye-sight and vision skills for their educational years and future lives. It is our goal to increase public awareness that infants and children deserve to have regular comprehensive vision examinations.

If you do not have vision insurance and feel that you cannot afford the cost of routine eye care, we want to help. Simply fill out the enclosed application and our staff will attempt to match you with a no-cost insurance option. If you have any questions regarding the application, please go to www.oregonoptometry.org. Web access is available free of charge at most public libraries.

Protect your child's ability to learn

Kids Welcome Here[®]

Sponsored by the

Oregon

Foundation for

Vision

Awareness

Kids Welcome Here[®]



Children's Vision 1-3-5[®]

- When should your child have an eye exam?
- What vision problems might your child have?
- Why do vision problems need to be detected early?

What is Children's Vision 1-3-5®



Children's Vision 1-3-5 reminds parents when their young children need to have a comprehensive vision and eye health examination from their eye doctor: **BEFORE AGE 1**, at **AGE 3** and at **AGE 5** before entering first grade. The earlier a child's vision problems are detected, the more responsive the visual system will be to treatment, and you will be ensuring your child has the best possible vision skills to learn.

The exam before age 1

The American Optometric Association and Oregon Foundation for Vision Awareness recommend that a child should have her first eye examination by an eye doctor at six months of age. Why? Because your eye doctor will examine the eyes for disease and normal eye structure development. Infants will be checked for possible signs of amblyopia (lazy eye), crossed-eyes and other focusing problems. Early detection is often critical in preventing vision problems that can cause lifelong impairment.

The exam at age 3

At age 3, your child's visual acuity and eye health will be assessed, and eye movement skills, focusing and binocular vision skills (the ability of the two eyes to work together as a team) will be evaluated. The eyes will again be checked for warning signs of amblyopia, which is most responsive to treatment if diagnosed by the age of 3.

The exam at age 5

At age 5, your child should be examined to determine the readiness of vision skills for school as well as for eye health. An estimated 10% of children have a significant need for eyeglasses

to treat nearsightedness, farsightedness or astigmatism. Approximately 15-20% suffer from poor vision skills — focusing, eye alignment or other eye movement skills. Sending a child to school with undetected vision problems can lead to difficulty with learning, attention and frustration in school.

Do children's school vision screenings substitute for a comprehensive vision examination by an eye doctor?

No. The purpose of a school vision screening is to detect gross visual problems to determine if there is an immediate need for a comprehensive vision examination. All children should have regular comprehensive vision exams. Good vision is more than just 20/20 sight. Efficient vision requires a number of critical visual skills. Some of these skills are eye teaming, clear and sustained near vision, tracking, focusing, and accurate eye-hand coordination. Recognizing the shortcomings of vision screenings, the National PTA passed a resolution to educate its members, school personnel and the public at large about learning-related visual problems and recommend expanded school vision screenings to identify more at-risk kids.

Frequency of child vision exams

The American Optometric Association and Oregon Foundation for Vision Awareness recommend the following guidelines for the frequency of child vision exams:

- **Age 6 months**
- **Age 3 years**
- **Before entering first grade**
- **Every two years thereafter, if no problems are detected**

Your eye doctor will recommend appropriate schedules for high-risk kids.

