

## Signs of Vision Problems - Checklist

Many kinds of vision problems reveal themselves most easily in behavior, posture and attitude. These signs are usually associated most closely with long periods of visual work done at less than arm's length from a child's eyes. You can easily identify vision problems simply by observing your child and marking this checklist. If you mark more than a few signs, there is good reason to suspect a vision problem.

**Please check the signs that best describe your child:**

- Section A**
- Does your child squint when looking up from reading?
  - Have trouble seeing the chalkboard?
  - Frequently blink or rub eyes?
  - Have headaches after doing school work?
  - Frequently awkward, bump into things, knock things over?
  - Hold books extremely close?
  - Read a great deal of the time?
  - Report that things look blurry?
  - Have trouble copying work from the chalkboard to paper?
- Section B**
- Spend a long time doing homework that should take only a few minutes?
  - Reduced attention span, can concentrate for only a moderate time?
  - Covers one eye by leaning on hand?
  - Lays head on desk when doing pencil work?
  - Frequently loses place when reading?
  - Skips or re-reads words and lines?
  - Reverses words or letters (was for saw, b for d) beyond second grade?
  - Does better at math than English, history or social studies?
  - Must re-read material several times to grasp its meaning?
  - Gets tired quickly when doing reading or homework?
- Section C**
- Short attention span? Can concentrate on reading work for only a few minutes?
  - Daydreams a lot? Stares off into the distance frequently?
  - Learns best through auditory tactics (listens to learn)?
  - Misbehavior has become a problem (to cover up poor school performance)?
    - Acts up when asked to do school work?
    - Class clown, "goofs off"?
    - Moody or depressed about school and life?
  - Avoids work that includes reading or near seeing?
  - Is more than 1 year behind group in reading-related skills?
  - Has poor posture? Slouches, slumps in chair?

### RECREATION AND LEISURE:

Is child active in sports?  Yes  No      Is child awkward or accident prone?  Yes  No

Does your child use a computer  at home?  at school?      How many hours \_\_\_\_\_

Does your child watch television more than a few hours daily?      How many hours \_\_\_\_\_

How does your child react to school stress?       Tries harder     Performance drops     Avoids work

Behavior changes related to school?       Often angry     Class clown     Depressed     Moody



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