

Keep an Eye on Children's Vision

Take your child for a school vision evaluation.

You get your child a physical to be sure they are healthy and have the correct immunizations to go to school. Remember to check his or her vision too.

All children entering Nebraska school for the first time are required to receive a vision evaluation. Take your soon-to-be Kindergartner to an eye care professional to be sure your child's eyes function effectively for learning.

Healthy vision is an important part of a child's education. When children can't see, they often struggle to learn.

The Facts

- Nearly 75% of the school day is spent in visual activities.
- More than 80% of what we learn is through visual processing.
- Between 17 and 25% of school age children have undetected and treatable vision problems that can interfere with learning.
- 1 out of 5 children entering kindergarten have undetected vision problems that may hinder their ability to learn.
- Vision disorders are the fourth most common disability in the United States.
- Vision deficiencies in school age children are often misidentified as behavior or social problems, which sometimes puts a child into the wrong "treatment track" (often at taxpayer's expense).
- More than 75% of juvenile offenders have undetected and untreated vision problems.
- Functional illiteracy among minority youths may run as high as 40%.

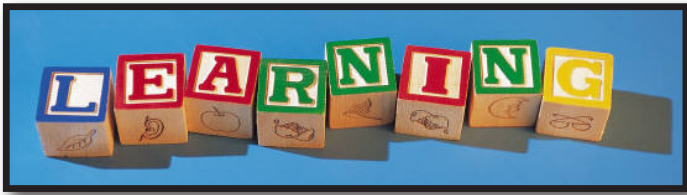


Seven Visual Abilities for Learning

1. **Visual Acuity:** Ability to see clearly at distance or near.
2. **Accommodation:** Ability to maintain clear vision as objects are moved closer.
3. **Eye Teaming:** Ability to coordinate the two eyes together so that they both point at precisely the same object.
4. **Eye Movement:** Ability to "track" objects or views without discomfort or difficulty.
5. **Visual Perception:** Ability to correctly interpret what is visually "received" as well as being able to react to what is seen.
6. **Eye-Hand Coordination:** Ability to use the eyes to guide the hands.
7. **Visual Imagery:** Ability to "see pictures in the mind." There are two categories: 1) Visual memory is the ability to retrieve or remember a picture of what has been seen in the past and 2) Visualization is the ability to form new pictures in your mind.



For more information on **Nebraska's Children's Vision Law** and the school vision evaluation requirement, visit www.nechildrensvision.org/ChildrensVisionLaw.htm



Vision Basics

Vision Glossary

Amblyopia, also known as "lazy eye," is loss or lack of development of clear vision in just one eye. The cause is the lack of use of that eye in early childhood.

Astigmatism is a vision condition that causes blurred vision due either to the irregular shape of the cornea, the clear front cover of the eye, or sometimes the curvature of the lens inside the eye.

Color Deficiency is the inability to distinguish certain shades of colors or, in more severe cases, see colors at all. Color deficiencies are almost always hereditary and affect one in 12 boys, but only one in 200 girls.

Conjunctivitis (or pink eye) is an inflammation of the conjunctiva, the thin, transparent layer that lines the inner eyelid and covers the white part of the eye. The three main types of conjunctivitis are infectious, allergic and chemical. The infectious type, commonly called "pink eye" is caused by a contagious virus or bacteria.

Convergence Insufficiency is an eye coordination problem in which the eyes have a tendency to drift outward when reading or doing close work.

Hyperopia is often called farsightedness. This vision condition occurs when distant objects are usually seen clearly, but close objects do not come into proper focus.

Myopia or nearsightedness is when the images of distant objects appear blurred. The eyeball is too long for the normal focusing power of the eye.

Strabismus is a condition in which both eyes do not look at the same place at the same time. It is sometimes referred to as crossed eyes. Poor eye muscle control usually causes crossed-eyes.

Visual Acuity - 20/20 vision is a term used to express normal visual acuity (the clarity or sharpness of vision) measured at a distance of 20 feet. If you have 20/20 vision, you can see clearly at 20 feet what should normally be seen at that distance. If you have 20/100 vision, it means that you must be as close as 20 feet to see what a person with normal vision can see at 100 feet.

Vision Therapy, also referred to as visual training, vision training, or orthoptics, is a treatment regimen to correct or improve specific dysfunctions of the vision system identified by standardized diagnostic criteria. It includes, but is not limited to, the treatment of strabismus and other binocular vision or convergence dysfunctions, amblyopia, accommodation, ocular motor function and visual-perceptual-motor abilities.

Find an Optometrist

To find an optometrist in Nebraska, go to the Nebraska Optometric Association's Find an Optometrist page at nebraska.aoa.org/x5428.xml.

To find a pediatric optometrist certified by the College of Optometrists in Vision Development, go to www.covd.org. From their home page, you will find a link to locate a doctor near you. "Fellows" are fully board-certified, having completed the credentialing process and having passed their national boards. "Associates" are doctors who are in the process of becoming credentialed.
