

6 Signs Your Child May Need Glasses

Frequent Squinting or Blinking

Squinting may indicate your child is struggling to focus on an image due to a need for glasses. If your child is squinting frequently, they could be compensating for poor vision since squinting can temporarily improve their focus. An eye examination is recommended.

Covering or Closing One Eye to Read or Focus

A child who covers one eye to read is simply shutting off the eye with the poorer vision to see with the good eye or trying to make double vision go away. An uncorrected problem in one eye can increase a child's risk of getting a permanently lazy eye which wanders (strabismus) or an eye that has poor vision (amblyopia). An eye examination is recommended.

Tilting Head to Read or Focus

Your child may tilt their head to change their angle of vision in order to make objects appear clearer. This could be a sign that their eyes are misaligned (strabismus), they could have an eye muscle imbalance, or they may have amblyopia (lazy eye). All of these things can affect a child's ability to learn in school. These conditions are usually treatable, but they need to be diagnosed by an eye doctor. An eye examination is recommended.

Having Trouble Reading or Avoiding Reading

As children are learning to read and write in school, they are constantly adjusting their focus. Reading, writing and learning demand that a child shift their vision between their books at their desk to the board in the front of the room. If their eyes aren't able to continually shift focus, these children will struggle to concentrate and it is possible they will fall behind in school. If your child is struggling with reading and schoolwork or having behavior problems in school, an eye examination is recommended.

Sitting Close to TV or Digital Devices

If your child is sitting too close to the TV, if they are constantly holding digital devices close to their face, or if they often lower their head while reading, your child may need glasses. These can all be warning signs of myopia (nearsightedness) where a child has clear vision at close range and poor vision at a distance. Nearsightedness can make the blackboard blurry to a child. If a child can't see or read what is being taught, it may be more difficult to learn. An eye examination is recommended.

Frequent Headaches or Eye Pain:

There are many reasons your child may be having headaches. It could stress, lack of sleep, or dehydration, but can also be from an eye problem. They may be overexerting their eyes in an effort to increase focus because of blurred vision. If your child complains of headaches or eye pain often, an eye examination is a recommended.