

Tips for making the most out of your child's vision appointments:

- Bring your child's insurance card
- Write down your questions and concerns before the appointment
- Bring another adult with you to help you remember what the doctor says
- Relax, ask questions, and take notes
- Follow-up on any advice that the eye doctor gives for your child
- If you can not make it to an appointment, call the eye doctor's office the day before the appointment to cancel
- Talk to your child about the exam, and answer any questions your child has



If you need help finding a vision provider or making a vision appointment please call the Scott County Care for Kids Program

563-328-4114

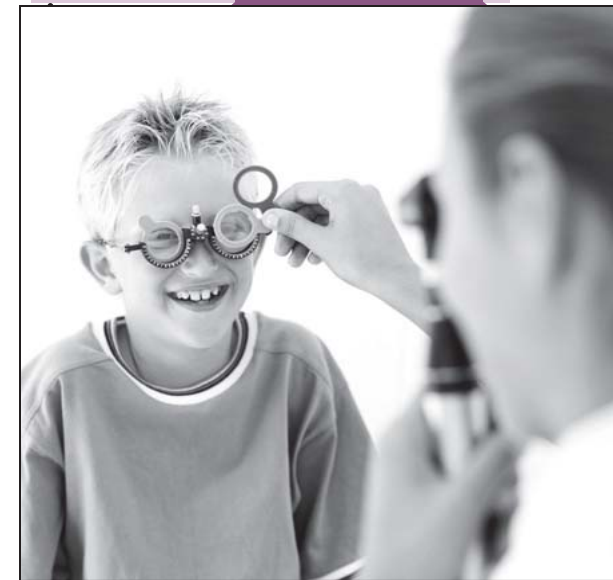


Care for Kids
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Vision Exam



WHY should my child receive vision exams?

Regular vision exams are important for many reasons. Most of the information your child is learning in school is given to them visually, so it is important that your child can see clearly to learn. Regular vision exams check your child for any current eye problems, and make sure that your child's eyes are healthy.



HOW often should my child receive vision exams?

Children should have a basic vision screening done by their family doctor at every well child exam.

In addition, children who have little or no risk of developing vision problems should have a complete vision exam done by an eye doctor at the following ages:

- 6 months
- 3 years
- Before first grade and every 2 years after that

American Optometric Association

Who is at risk?

There are several things that could put your child at higher risk for developing vision problems including prematurity, low birth weight, and family history of vision problems. Consult with your vision provider to determine if your child is at risk.

Children who have moderate or high risk may need to have a complete vision exam done by an eye doctor more often.

TIPS for finding a vision provider

Look for a vision provider that:

- Accepts your method of payment
- Accepts your insurance to fill prescriptions for eyeglasses or contacts
- Has a plan for care after office hours
- Has an office that is easy to get to
- Has office hours that work for you
- Provides information and materials in your primary language
- Provides interpreter services if needed

