

## **Possible signs of visual difficulties for school age children**

If a child has one or more of the following signs it is possible that they are finding it harder than usual to see.

### **Generally**

- rubs their eyes excessively
- complains of aches, pains or soreness in the eyes
- has recurrent inflammation, discharge or other eye problems
- has noticeable eye movement problems, squint etc
- is sensitive to bright light
- is excessively clumsy eg. falling over objects or bumping into doorways etc
- finds it hard to see things that are poorly contrasted

### **While doing close work**

- shuts or covers one eye
- squints, blinks or frowns
- significantly tilts their head or thrusts their head forward when working
- holds reading material closer than the majority of children
- has difficulty copying
- confuses letters of a similar shape
- reverses letters, syllables or words
- reading is slower than spelling
- reading of prose is less accurate than reading of single words or letters

### **While working at a distance**

- moves forward to view information eg. on a board, or see pictures in a book, television
- finds it very hard to copy from the board
- has difficulty catching a ball in PE.

### **What to do if you suspect the child has a problem with their sight:**

- Suggest to parents/carers the child has their eyes checked by an optician. Eye tests are free for children under 16 years of age.
- Inform the SENCO/Inclusion manager and school nurse
- Follow up to ensure the child has attended an appointment with an optician.
- After the eye check up any further queries about a child's vision and how they are functioning visually can be requested from the Children's Sensory Team – Visual Impairment. CST-VI does not monitor children whose vision is fully corrected by glasses.