

# American Optometric Association Recommendations for Eye Care

Child's name \_\_\_\_\_

Age Recommended Exam Frequency	Date Completed
Infants by 3 months of age	
Infants between 6 months & 1 year	
Preschoolers at age 3	
Preschoolers at age 5	
Age 6 (6-19 annually if they wear glasses, or every two years if risk-free)	
Age 7	
Age 8	
Age 9	
Age 10	
Age 11	
Age 12	
Age 13	
Age 14	
Age 15	
Age 16	
Age 17	
Age 18	
Age 19	

**VISION DEVELOPS SIGNIFICANTLY AFTER BIRTH.** New techniques for examining infants have been developed over the last 20 years. This enables your optometrist to not only detect blurred vision in an infant, but also make sure that your infant's vision will develop well during childhood.

**YOUNG CHILDREN MAY NOT BE AWARE THEY HAVE A VISION CONCERN,** and may not complain. Only through regular examinations by your optometrist can lazy eye and nearsightedness be found and properly treated.

**VISION SCREENINGS ARE NOT VISION EXAMS.** Some school-age children have learning-related vision concerns that affect their school performance, and these symptoms may not show up during a school screening. Children should be examined thoroughly for nearsightedness and farsightedness, astigmatism, lazy eye, crossed or turned eyes, color vision deficiencies, and eye health concerns such as congenital cataracts, glaucoma, and optic nerve and retinal problems.

A complete eye and vision examination should include an assessment of

- Visual clarity
- Refractive error
- Eye alignment
- Eye teamwork
- Eye movement and focusing skills
- Eye health

**Remember,** we all have only one set of eyes, and proper care of this precious gift starts at an **EARLY AGE!**

My optometrist's name is: \_\_\_\_\_

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