

Short Test Aged 0-8 years

How often does your child experience these problems?

Print out this test and circle the letter that best describes your child's **experience for each statement**.

N= Never S= Sometimes O= Often A= Always

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| 1. My child says he or she can't see clearly while reading. | N S O A |
| 2. My child gets tired while reading. | N S O A |
| 3. My child cannot concentrate well when reading. | N S O A |
| 4. My child's vision seems worse in the afternoon/evening than in the morning. | N S O A |
| 5. My child has learning problems. | N S O A |
| 6. My child's eyes tear a lot. | N S O A |
| 7. Reading or working at a computer for a few hours gives my child a headache. | N S O A |
| 8. My child closes one eye when reading. | N S O A |
| 9. My child rubs his or her eyes at the end of the day. | N S O A |
| 10. My child is a slow reader. | N S O A |
| 11. My child has difficulty understanding what he or she is reading. | N S O A |
| 12. My child has a short attention span. | N S O A |
| 13. My child skips or repeats lines when reading. | N S O A |
| 14. I see one of my child's eyes wandering outwards or inwards. | N S O A |
| 15. My child gets car sick. | N S O A |
| 16. My child finds it difficult to read in a car or on a bus. | N S O A |
| 17. My child is not performing up to his or her potential | N S O A |
| 18. My child can't keep up with assignments in school. | N S O A |
| 19. My child tries to avoid doing homework and other reading. | N S O A |
| 20. My child complains of itching or irritation in his or her eyes | N S O A |

Even one or two "always" or "often" answers -- or clusters of "sometimes" answers -- may signal that your child has an eye muscle problem causing asthenopia. Asthenopia is the medical term for eyestrain. Even irritability when reading or using a computer can be a vision-related symptom.

To make an appointment for an eye examination for your child, please contact us on (03) 218 8561 (Invercargill) or (03) 208 9244 (Gore).