



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

- |  |         |
|--|---------|
| 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.

[If you are at all concerned then make an appointment for an Eyecatchers optometrist to examine your child.](#)