# Path to Healthy Vision

**Screening ➤ Eye Exam ➤ Treatment**

Routine vision screenings are important for a child’s growth and learning milestones. Children should receive vision screening:

- For the first time at 6 months old
- At least once between 3-5 years old
- Every 1 to 2 years throughout grade school

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<table>
<thead>
<tr>
<th>Icon</th>
<th>Statement</th>
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<tbody>
<tr>
<td>![Certificate]</td>
<td>Healthy vision is a strong predictor of academic performance in school-age children</td>
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<tr>
<td>![People]</td>
<td>80% of children’s learning is through the use of their eyes</td>
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<td>![Group]</td>
<td>1 in 4 school-age children has a vision problem</td>
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<tr>
<td>![Percentage]</td>
<td>Only 29% of Arizona children 5 years old and under receive vision screening <strong>One of the lowest</strong> percentages in the nation!</td>
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The Eyes On Learning Vision Coalition is a dedicated group of state, local, and national organizations with a collective commitment to vision health and learning success for all Arizona children.

Join Us: eyesonlearning.org

June 2018
Children’s Milestones for Healthy Vision and Early Literacy

**MILESTONES**
At these ages a child...

**ACTIONs**
How you can interact at these ages...

**Birth**
Can focus on parent/adult face (8 to 10 inches away).

**6 months**
Has good color vision.

**1 yr.**
Uses eyes and hands together to pick up and throw objects.

**2 yrs.**
Talk with your baby about 8 to 10 inches from her/his face.

**3 yrs.**
Play with toys your baby can grab, pull, or kick while you talk and sing.

**4 yrs.**
Have your child’s eyes examined by your pediatrician at his/her well-child visit.

**5 yrs.**
Play hide and seek games with toys or your face.

**2 yrs.**
Uses eyes and hands together well and sees if objects are far or near.

**3 yrs.**
Sorts objects by shape and color.

**4 yrs.**
Uses eyes, hands, and large body movements together, which are important for reading and writing.

**5 yrs.**
Continues to fine-tune eyes’ ability to focus and follow moving objects.

**6 yrs.**
Provide paper and chubby crayons to practice early writing.

**7 yrs.**
Talk together about shapes, colors, and number of objects when playing with your child.

**8 yrs.**
Get first vision screening for your child.

**6 yrs.**
Starts to read words on the page.

**7 yrs.**
Uses healthy vision to be a good reader.

**8 yrs.**
Reads chapter books. Is now learning an estimated 3,000 words a year.

**6 yrs.**
Make sure your child has regular vision screenings.

**7 yrs.**
Build vocabulary through reading. Limit screen time to encourage reading.

**8 yrs.**
Pay attention to complaints of headaches, burning/itchy eyes, or skipping over words when reading. Follow-up with an eye exam by an eye doctor.

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Eyes On Learning is aligned with Read On Arizona, the state’s 3rd grade reading initiative. Through awareness, early identification, and follow-up care, Eyes On Learning makes the connection that children’s vision health is key to helping advance early literacy and reading proficiency.

EyesOnLearning.org

When Arizona Reads, Arizona Thrives
readonarizona.org