

FIND EYE CARE FOR YOURSELF OR YOUR CHILD

Your child may have been referred to an eye doctor after a vision screening to receive an eye examination. Or you may have a concern about how you or your child may be seeing. In either case, it is important to make and attend an appointment for an eye exam right away. You can talk to friends, family members, your child's early childhood education center, or your health care provider about recommending an eye doctor. Professional associations can also help you find an eye doctor in your area. Following are links to help you find an eye doctor for yourself or your child.

Optometrist:

An optometrist is a doctor who is trained to provide primary eye care services. These services include comprehensive eye health and vision examination, prescribing eyeglasses and contact lenses, vision rehabilitation, vision therapy and the diagnosis and treatment of selected eye diseases and vision disorders.

Find an optometrist: <https://www.aoa.org/doctor-locator-search?tab=basic>

<https://www.aaopt.org/fellows-search>

Pediatric optometrist:

A pediatric optometrist receives extra training in the diagnosis and management for eye conditions for children from birth to age 21 years.

Find a pediatric optometrist: <https://www.aaopt.org/fellows-search>

Ophthalmologist:

An ophthalmologist is a medical (MD) or osteopathic doctor (DO) who specializes in eye and vision care. They are licensed to medically and surgically treat the eye and trained to treat the full spectrum of eye diseases and visual problems in people of any age.

Find an ophthalmologist: <https://secure.aao.org/aoa/find-ophthalmologist>

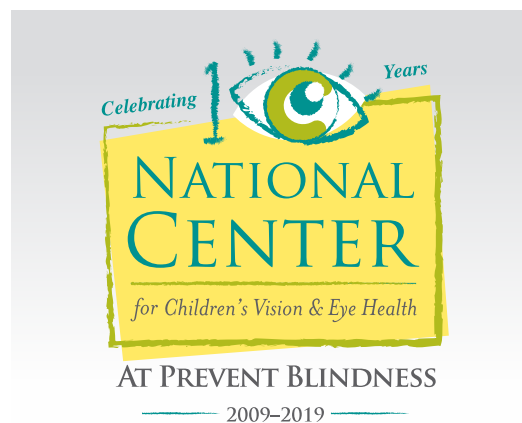
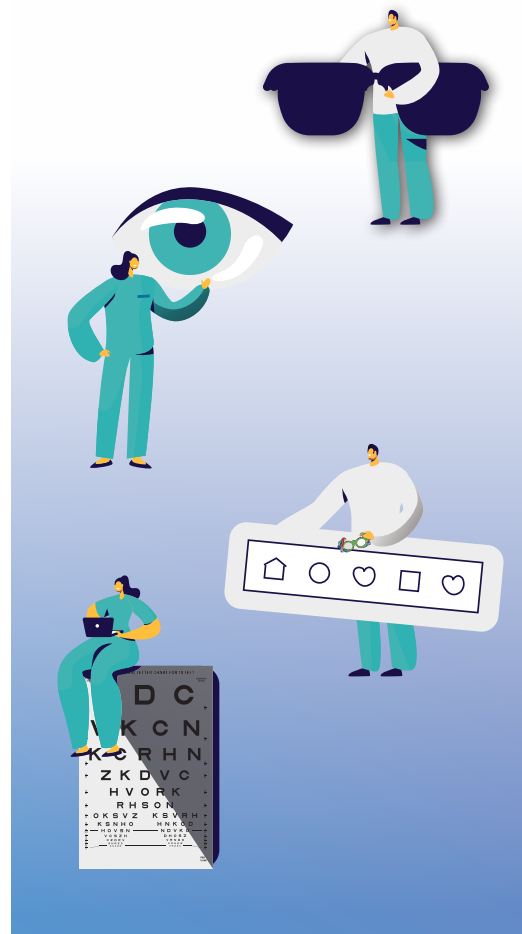
Pediatric ophthalmologist:

A pediatric ophthalmologist receives extra training in the medical and surgical treatment of pediatric eye diseases for children from birth to age 21 years.

Find a pediatric ophthalmologist: <https://secure.aapos.org/aapos/Find-a-Doctor>



225 West Wacker Drive, Suite 400
Chicago, Illinois 60606
800.331.2020
PreventBlindness.org



Find Eye Care for Yourself or Your Child (Continued)

TIPS FOR A POSITIVE TRIP TO THE EYE DOCTOR'S OFFICE

Making the appointment

Schedule the appointment when your child is not likely to be sleepy or hungry. If your child has a “cranky” time of day, schedule around it.

If you have medical insurance and/or a vision service insurance plan, ask what coverage they provide for eye exams, care and treatment. Vision insurance usually covers eye exams, and medical insurance might cover treatments.

Preparing for the visit

- Check to be sure the eye care provider has a translator if necessary or bring someone with you to translate.
- Make a list of your questions and bring it with you to the examination. Take notes when speaking to the doctor, so you can refer to them later.
- Have a plan ready in case you need to spend time in the waiting room. Bring a favorite storybook, coloring book or small toy that your child can play with quietly.
- Let your child watch a family member get an eye exam. Have the doctor explain what is being done, step by step, and encourage the child to ask questions.
- Read a book about vision with your child (list of books below) before the appointment.

The day of the visit

Bring your child's favorite cuddly toy or blanket, etc. Some doctors might “examine” the bear or doll and holding a toy may keep little hands off of equipment.

Relax. Children look to adults for cues. If you seem nervous, your child may become anxious. Sometimes, dilating eye drops are necessary. These are low-risk and add useful information in the visit; tell your child this is okay during an exam and stay positive.

Make sure you understand the treatment (e.g. eyeglasses, patching) that is prescribed. Ask questions and get good instructions.

Children's Books About Vision

Jacob's Eye Patch by Beth Kobliner-Shaw

My Traveling Eye by Jenny Sue Kosteki-Shaw

The Patch by Justina Chen

Arlo Needs Glasses by Barney Saltzberg

Luna and the Big Blur by Sharley Day

Kylie's Eye Check by Wendy Hall

The Eye Book by Dr. Seuss

The Good Luck Glasses by Sara London

Why Do I Have To Wear Glasses by Sandra Lee Stuart

Fancy Nancy Spectacular Spectacles by Jane O'Connor

Arthur's Eyes by Marc Brown

Additional books: <http://www.wonderbaby.org/articles/childrens-books-featuring-visually-impaired-characters>

For more information about eye doctors and eye examinations, visit:

Your Child's Eye Care at Prevent Blindness <https://www.preventblindness.org/your-childs-eye-care>