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INFORMATION SHEET

SIGNS/INDICATORS OF POSSIBLE EYE HEALTH ISSUES

- Screwing up eyes, frowning
- Frequent blinking
- Tilting/turning head to use one eye only
- Covering or closing one eye when reading
- Complaining of headaches
- Eyes look unusually red, watering, cloudy or inflamed
- Discomfort in bright light or sunshine
- Appears nervous in poor lighting
- Talking, easily distracted
- Difficulty in interpreting facial expressions, gestures
- Ignoring instructions which use gesture, pointing
- Making mistakes copying from the board
- Leave out or confuse small words when reading
- Skip lines when reading a paragraph
- Getting very close to the computer/screen
- Bringing books very close
- Getting close to the page when writing
- Decreased volume and/or speed of work in comparison with peers
- Incorrectly formed letters
- Bumping into things, people etc
- Socially isolated
- Moving into peer's personal space

If you have any concerns, suggest to the parent/carer that they take the child/young person for a vision check.