

Spot the Signs of Possible Vision Problems in Children

Use this checklist to record any vision-related concerns you have observed or that your student has shared with you. For example, blurry or double-vision, tired or dry eyes. Use the “Notes” field at the end to document important details or examples.



Classroom/Indoor Behaviors

- ☐ Holds materials too close or too far away
- ☐ Covers one eye or tilts their head to see
- ☐ Rubs eyes or blinks a lot
- ☐ Squints often when looking at near or distant objects
- ☐ Has messy handwriting or trouble staying in the lines
- ☐ Loses place or skips lines/words when reading (even when using a finger)
- ☐ Struggles with copying from board to paper
- ☐ Avoids reading or completing near-vision tasks
- ☐ Appears tired or distracted during visually demanding tasks
- ☐ Has trouble wearing prescribed glasses consistently

Notes:

Playground/Outdoor Behaviors

- ☐ Trips, bumps into objects, or misjudges distances often
- ☐ Has trouble catching or tracking moving objects
- ☐ Misses when reaching for equipment (e.g., swings, bars)
- ☐ Avoids playground games or group activities
- ☐ Seems clumsy or hesitates with movement
- ☐ Walks very close to walls or other surfaces for guidance
- ☐ Squints or covers eyes in bright light (abnormal sensitivity to light)
- ☐ Hesitates where a floor/ground pattern changes or when walking down steps

Visit the National Eye Institute’s Children’s Vision Program for a collection of resources that can help you:

- Communicate with families
- Learn about resources in your area
- Take action in the classroom
- And more!



Share your observations with the student’s parent/guardian and use this checklist as a reference to guide your conversation.

go.nih.gov/childrensvision

