Optometrist's checklist for educators and parents

This checklist of symptoms of visual problems observed at school and at home will help us understand how the student performs visually in daily activities.

Student's Name: .....

Reported by: Column (1) Parent: Name: ..... Date: .....
Column (2) Teacher: Name: ..... Date: .....

Please mark each symptom with numbers (0 = never, 1 = rarely, 2 = sometimes, 3 = frequently, 4 = always)

Reading:	(1)	(2)
Difficulty keeping place		
Skips or re-reads line		
Omits words		
Word by word reading		
Difficulty remembering reading		
Excessive head turning		
Tilts or turns head		
Poor sitting posture		
Holds head close to page		
Closes or covers one eye		
Rubs eyes during or after reading		
Short attention span		
Avoids reading		
Frowning, blinking, squinting or other facial expression (delete)		
Reverses words and letters		

Writing and Other Desk Tasks:	(1)	(2)
Difficulty copying from the board		
Omits words or phrases		
Repeats words or phrases		
Confuses the order of letters		
Poor handwriting		
Difficulty staying on the line		
Writes neatly but slowly		
Immature pencil grip		
Poor finger movement when writing		
Draws with short sketchy lines		
Holds head too close		
Tilts or turns head to one side		
Restlessness while working at desk		
Not using other hand to support paper		
Squints or blinks looking up at the board		
Reverses letters or numbers		

Body Posture and Space Awareness:		
Unusual awkwardness		
Frequent tripping and stumbling		
Knocks thing off table/desk		
Difficulty with catching/throwing		
Confuses right and left directions		

Appearance of Eyes:		
Crossed or drifting eyes		
Watering or red eyes. When?		
Red rimmed, crusted or swollen lids		
Frequent styes		
Dark under the eyes		

General Behaviour:		
Avoids close work		
Distractible		
Unusual fatigue after close work		
Signs of frustration		
Tension during close work		
Headaches during/after school work		
Irritability or restlessness after visual concentration		

Questions for Older Children:		
When reading or writing do the words:		
jump around?		
get smaller or bigger?		
fade or disappear?		
get faint colours around them?		
appear to move on the page?		
seem hidden by the white on the page?		
Do you:		
tilt the book to see clearly?		
change the distance of printed material?		
see two numbers or words when you know there is only one?		

Please add any further comments on the reverse of this form.

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