



# Early Childhood Eye Health

Add eye exams to your child's health checklist.

---

## INFANTS

### Optometrists recommend:

Babies should have their first eye exam between 6–9 months.

### What we look for:

- + Healthy eyes and development.
- + Eye and muscle movements and alignment.
- + Ability to focus.
- + If glasses are needed.

### *Parent tips!*

- + Babies can't read, so optometrists use special tests to check their eyes.
- + Choose a time of day when your little one is typically relaxed and in a good mood.

---

## TODDLERS & PRESCHOOLERS

### Optometrists recommend:

Children should have at least one eye exam between ages 2-5.

### What we look for:

- + Healthy eyes and normal visual development.
- + Depth perception and eye-hand coordination.
- + Age-appropriate visual skills.
- + If glasses are needed.

#### ***Parent tips!***

- + Many visual skills needed for learning develop by this age.
- + Serious issues, if caught early, can often be reversed or prevented.

---

## KINDERGARTEN

### Optometrists recommend:

Children should have an eye exam before starting kindergarten and every year after.

#### ***Parent tip!***

- + Kindergarten students who need glasses can get them for free through the Eye See...Eye Learn™ program.  
**Learn more at [optometrists.ab.ca/esel](https://optometrists.ab.ca/esel)**

The Alberta Health Care Insurance Plan (AHCIP) provides partial coverage towards annual eye exams for children 0-18 years old.<sup>1</sup>

<sup>1</sup>Optometrists can charge for insured services that the optometrist deems exceeds the AHCIP benefit and Albertans are responsible for additional costs incurred at the time of treatment. Practitioners are required to discuss fees with their patients before providing the service.