




Early Childhood Eye Health

TOLL-FREE 1.800.272.8843
optometrists.ab.ca

Alberta
Association
of Optometrists 

Booking your regular eye exam

A regular eye exam is an important part of your child's overall health.

Infants

Optometrists recommend that babies have their **first exam between six and nine months**.

Schedule your little one's appointment around the time of day your baby is usually relaxed and happy. The eye exam is covered by Alberta Health*. Babies' eye exams are done using special tests since babies cannot read. The optometrist will check to ensure:

- their eyes are healthy;
- eye and muscle movements and alignment are developing properly; and
- the eyes are focusing together.

**Check with our optometrist prior to your appointment to determine if there are any additional costs.*



Toddlers & Preschoolers

Optometrists recommend children have **at least one eye exam between the ages of two and five**. By this age, many of the vision skills required for life-long learning are reasonably developed. Many serious eye conditions, if detected and treated by this age, are reversible or preventable. The eye exam is covered by Alberta Health*. The optometrist will check to ensure:

- visual development is continuing normally; and
- their depth perception, eye-hand coordination and visualization skills are appropriate for their age.

**Check with our optometrist prior to your appointment to determine if there are any additional costs.*

Kindergarten

Once in school, it is recommended your child have an **annual eye exam**, as vision can change quickly. A comprehensive eye exam is the only way your optometrist can assure you that your child's eyes are ready for the challenge of learning in school. The eye exam is covered by Alberta Health* until their 19th birthday.

If your child is in kindergarten, has an eye exam, and it is determined that they require eye glasses, the Alberta Association of Optometrists' **Eye See . . . Eye Learn™** program will provide a pair of glasses free of charge. To learn more about this program, visit www.optometrists.ab.ca/esel.

**Check with our optometrist prior to your appointment to determine if there are any additional costs.*

