

# How well can your child see?



Good eyesight is important for children to be able to play and learn. Your child may not tell you they have problems seeing. You may not notice your child is having problems with their eyes.

## Free Eye Exams

A full eye exam by an optometrist (eye doctor) is the best way to make sure your child can see well and that their eyes are healthy.

An eye exam is free with an Ontario health card for children up to age 19.

## The Canadian Association of Optometrists recommends:

Infants & Toddlers (birth to 24 months)	Preschool Children (2-5 years)	School Age Children (6-19 years)
 <p>First eye exam between 6 and 9 months of age</p>	 <p>At least one eye exam between 2 and 5 years of age</p>	 <p>Eye exam every year from 6 to 19 years of age</p>



## How to Find an Optometrist

### College of Optometrists of Ontario

 [www.collegeoptom.on.ca](http://www.collegeoptom.on.ca)

 1-888-825-2554

### Ontario Association of Optometrists

 [www.findaneyedoctor.ca](http://www.findaneyedoctor.ca)

 1-800-540-3837



## Free and Low-Cost Glasses for Children in Hamilton

### Families who need assistance

- One Sight Program
- Ontario Works and Ontario Disability Support Program
- Special Supports Program

### First Nations and Inuit

- Non-insured Health Benefits Program

### Junior Kindergarten Children

- Eye See Eye Learn

### Protected Persons including refugees

- Interim Federal Health Program

### For more information:

 [www.hamilton.ca/visualhealth](http://www.hamilton.ca/visualhealth)

 905-546-2424 x5369

