

Peter Christensen Health Center News



August 8, 2023

Kids' Vision Problems Can Impact Learning

According to the Vision Council of America, 1 in every 4 children has a vision problem that can interfere with learning and behavior. Some children with vision-related learning difficulties may exhibit specific behaviors of hyperactivity and distractibility in school. "Annual eye exams are important even if children believe they are seeing well," PCHC Optometrist Dr. Shane Brahm says. "Children may not realize they're not seeing like they should. Drop in grades or misbehavior can be signs of eye health or vision changes."

What You Need To Know

Get kids eyes checked annually before school.

Undetected vision problems can cause learning and behavioral issues. Make eye exams part of your back-to-school routine. Vision changes over time, so make an eye appointment every year with an optometrist.

ADHD can be misdiagnosed vision problems.

Undetected vision problems and Attention Deficit Hyperactivity Disorder (ADHD) share similar symptoms and may lead to misdiagnosis of ADHD. If a child is acting out or struggling to learn, it may be because of difficulty seeing rather than ADHD.

80% of learning depends on a child's vision

Studies show 80 percent of a child's learning depends on their ability to see what's presented.

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If detected and treated early, several vision and eye health conditions can be improved or even corrected. Recommended eye exams start at 6 months of age. Comprehensive eye exams should be conducted before a child enters school and every one to two years afterward, unless otherwise advised by an eye doctor. If parents notice changes in behavior or ability to learn, it may be a vision problem.

Does Your Child Show These Signs of Vision Problems?

PCHC's Dr. Shane Brahm says school vision exams are useful in helping determine a child's ability to see from a distance, but comprehensive optometry exams detect eye diseases impacting children.



Dr. Brahm has practiced at PCHC for over six years. Below he shares some common signs of vision problems that he sees in children.

Common signs of vision problems in children may include a dislike or avoidance of reading; short attention span; poor coordination when throwing or catching a ball; placing their head close to their books or sitting close to the TV; excessive blinking or eye rubbing; using their finger or pencil to guide their eyes; and declines in performance at school.

Dr. Brahm is certified by the National Board of Examiners in Optometry. He's a member of the American and Wisconsin Optometric Associations.

Make An Eye Appointment

A painless, annual eye exam is just a phone call away. Please schedule an appointment with one of our PCHC Optometrists. The call you make may just save your eyesight. Simply dial **(715) 588-3371**.