



How to Prepare for Your Child's Eye Exam in 10 Easy Steps

1. Get a blank spiral bound notebook and bring it to ALL doctor appointments (not just the eye doctor!). Taking notes is an easy way to remember important information, keep track of your questions and even jot down your feelings during the appointment.
2. Schedule the appointment at a time of the day that is good for your child - when he or she is usually awake, alert and happy. The eye doctor may need some "warm up" time with you and your child.
3. Request a longer appointment time (30 minutes instead of the usual 15 minutes) to have more time to ask questions and discuss your concerns.
4. Be prepared to provide a medical and developmental history of your child, along with a family history of visual and health problems.
5. If you are coming from another eye doctor or looking for a second opinion, have the first doctor's office send your child's medical records before the appointment, or bring the records with you.
6. Be prepared to tell the eye doctor about your observations of your child's visual skills. What are your concerns?
7. Bring a snack and "entertainment" items (toys, books) for your child as well as toys or objects that he or she likes to look at.
8. Parts of the eye exam might be uncomfortable for your child. Eyedrops or bright lights could cause your child to cry or squirm.
9. Before your appointment, take time to write your questions down in your notebook. Bring the notebook with you to jot down the answers to your questions. Record the instructions your doctor gives you (e.g. medication schedule, follow up appointments) and terminology you want to look up. Keep a record of your questions and the doctor's answers in the notebook so you remember what you want to ask at each appointment. The answers to some of these questions may change as your child grows older.
10. Whenever possible, bring your spouse, family member, friend or Pediatric Visual Impairment Specialist to help listen to the doctor's comments and take notes for you. If you don't understand your eye doctor's responses, ask questions until you do. If your doctor still isn't communicating well, consider changing doctors.?