

# How Well Can Your Child See?

## Eye See ... Eye Learn® Participation Form

Eye See ... Eye Learn® (ESEL) is a children's vision program created by the BC Doctors of Optometry (BCDO). The mission of ESEL is to detect, diagnose, and treat kindergarten children with vision problems so that every child in kindergarten can see and learn to the best of their ability.

### To spot vision problems, ask the following:

Does the child...

- Usually have watery eyes?
- Have crusty eyelids?
- Rub eyes frequently?
- Have frequent eye infections or styes?
- Turn or tilt head, or cover or close one eye, when looking at things?
- Blink more than normal?
- Have frequent headaches, double vision, or eye strain?
- Lose place, skip lines, or use finger to keep place when reading?
- Have head movements more than normal when reading?
- Have poor hand-eye coordination?
- Have trouble recognizing letters and numbers?
- Reverse letters and words when reading or writing?
- Have handwriting and drawing skills that are not at the expected level?
- Squint when looking at things?
- Confuse words with similar beginnings?
- Respond well in speaking, but have trouble putting the same information down on paper?

Any one, or a combination, of the above signs may indicate a vision problem. Children rarely complain of vision problems since they don't realize that they see the world differently than others. In fact, vision problems are often mistaken as other developmental problems like dyslexia or ADHD. A comprehensive eye exam is the only way to detect all eye problems.



*Kindergarten is a time when kids learn what they are good at, and by seeing their best they can find out what that really is.*

– Dr. Graeme Stevens, Doctor of Optometry



### Get a FREE pair of eyeglasses for your kindergarten child

Eye See ... Eye Learn® provides kindergarten students from a participating school district with a comprehensive eye exam from a participating B.C. doctor of optometry at no cost to the family. If needed, kindergarten students will receive one pair of eyeglasses free of charge.

**This form is valid from: September 1, 2018 to August 31, 2019**

# Participating in Eye See ... Eye Learn®

## Is My Child Eligible for ESEL?

Is your child...?

- Enrolled in kindergarten during the eligible year?
- Enrolled in a participating school district? See sidebar for the list of participating school districts.

If so, your child is eligible for ESEL!

## How Can I Participate in ESEL?

It's simple!

### 1. Check above to find out your eligibility

### 2. Book an appointment with an ESEL clinic

To find an ESEL clinic, visit [www.bcesel.ca](http://www.bcesel.ca) and use our 'Find A Doctor' tool. Make sure you select 'Eye See ... Eye Learn®' under 'Programs'.

### 3. Fill in the ESEL Participation Form and bring it to your appointment

Parents/Guardians of kindergarten children can either fill in the ESEL Participation Form or bring relevant documentation that the child is enrolled in kindergarten.

## How Long Does ESEL Run For?

ESEL runs alongside the school calendar, though the program is available for one full year. The official start date of the program is on September 1 and the end date is on August 31 of the following year. For example, the 2018/2019 program will run from September 1, 2018 until August 31, 2019.

ESEL IS BROUGHT TO YOU BY



British Columbia Association of Optometrists

THANK YOU TO OUR ESEL PARTNERS



References: NCVH, *Vision Loss in Canada* (2011). "Eye See ... Eye Learn®" is a registered trademark of the Alberta Association of Optometrists.

## School Districts Participating in ESEL

- Abbotsford (34)
- Burnaby (41)
- Campbell River (72)
- Central Okanagan (23)
- Chilliwack (33)
- Comox Valley (71)
- Coquitlam (43)
- Cowichan Valley (79)
- Delta (37)
- Greater Victoria (61)
- Langley (35)
- Maple Ridge & Pitt Meadows (42)
- Mission (75)
- Nanaimo-Ladysmith (68)
- New Westminster (40)
- Prince George (57)
- Revelstoke (19)
- Saanich (63)
- Surrey (36)
- Vancouver (39)

FISA schools located in the above school districts are also eligible.

## Contact Us

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## PARENT/GUARDIAN AUTHORIZATION

As a participant in the Eye See ... Eye Learn® program, I consent to clinical information regarding my child being released to the participating lab, eyewear provider, and BC Doctors of Optometry. Detach form and bring to your appointment.

**VALID UNTIL: AUGUST 31, 2019**

Student Name: \_\_\_\_\_

Personal Health No: \_\_\_\_\_

School Name: \_\_\_\_\_

School District No: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_