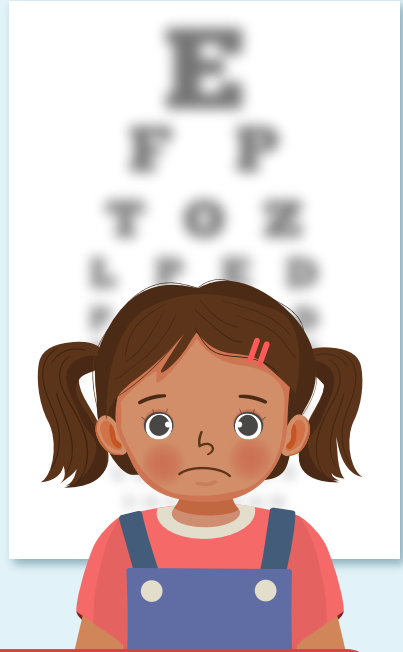


# Signs Your Child May Have **MYOPIA**

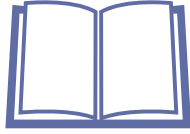
Most cases of myopia (nearsightedness) begin in childhood, between the ages of about 6 and 14. Especially if they're very young, your child may not be able to tell you that they're not seeing well. But there are signs to look for that can mean it's time to see your child's eye doctor.



## Your child may:



Struggle to see in the classroom



Close one eye or cover it to read



Sit close to the screen when they watch TV



Hold books, tablets, or phones close to their eyes



Squint when they look at something far away



Not do well in sports or activities that need clear distance vision



Not notice things at a distance from them

## You may also notice that your child frequently:



Has headaches



Has watery eyes



Rubs their eyes



Needs to blink

Reviewed by Melinda Ratini DO, MS on March 14, 2023

SOURCES: American Academy of Pediatrics: "Myopia (Nearsightedness) in Children & Teens." Mayo Clinic: "Nearsightedness." UPMC HealthBeat: "Recognizing Myopia & Common Vision Problems in Children." UPMC Children's Hospital of Pittsburgh: "Signs and Symptoms of Myopia."