

**Missouri Department of Elementary and Secondary Education
Recommended Procedures for Vision Checks**

Functional Vision Procedure:

The order of presentation is not important.

1. Position yourself directly in front of the child. This can be accomplished with the mother holding the child or the child sitting. Have a pen light available
 - **Blink Reflex** – Birth to 1 year only. To check, move open hand from about 18 inches from the infant's face, toward the nose. Do not create air movement by moving too quickly. Pass if the child blinks in response to the approaching hand.
 - **Reaching** – Notice if the infant can reach appropriately for a desired object placed in front of and off to each side of him/her.
 - **Pupillary Response** – Tests the degree to which the pupils respond to light. Look at the pupils before beginning. Use a penlight and shine it very briefly from a distance of about 12 inches into one eye to observe if the pupil constricts. Look for the pupil to shrink and return to original size. Repeat for other eye. (Can be difficult with very dark brown eyes)
 - **Corneal Light Reflex** – Detects eye deviation. Direct penlight at the bridge of the child's nose at a distance of 8-12 inches. Ask or get child to look at the light (if child wears glasses keep them on for this task). Observe where the light reflection appears in each pupil. Pass if the light is reflected in the same position in each pupil.
 - **Alternate Cover Test** – detects deviation in the alignment of the eyes. Have child focus on a target object (light, your nose, a toy) held 8-12 inches from the child's face at eye level and lined up with child's nose. Place the cover (your hand or a card) over the right eye and observe the left eye for movement. Repeat procedure covering left eye and observe the right eye for movement.
 - **Tracking** – Hold the penlight or toy 6-12 inches from the child's eyes. Child's head should remain still. Move the light horizontally from left to right slowly. Move the light vertically from top to bottom slowly. Next try a circular movement. Some children under 1 year will have difficulty with the circular movement, due to development of neck muscles.