

Beyond 20/20 vision

Having clear vision is not the only skill that matters. Difficulty with eye coordination, focusing or tracking can greatly impact school and sports performance. Some children require vision therapy to retrain their eyes and brain to work more efficiently and allow them to reach their full potential.

Contact Information



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Our Location

4041 East Castro Valley Blvd,
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Our Hours

Mon-Wed-Fri	9am - 5:30pm
Tues-Thurs	11am - 7:30pm
Sat-Sun	Closed

*closed daily for lunch 1-2pm



About Us

At Castro Valley Optometry, our Mission is to provide the best and most comprehensive primary eye care for children and adults.

We promote a friendly environment for patients and staff while providing affordable, high-quality frames, spectacle lenses, and contact lenses that enable our patients to work efficiently and to enjoy life.



Castro Valley Optometry Group

Pediatric Vision & Development

Undetected vision problems can negatively impact a child's development and academic performance. Early detection and treatment is key to setting your child up for success in school and beyond.

1 in 4 school-aged children has an undiagnosed vision disorder

Unfortunately, a vision screening—like at school or the pediatrician's office—is not as effective as a comprehensive vision exam. **15-20% of school-age children have vision problems a screening is likely to miss.** Only a comprehensive eye examination can evaluate overall eye health and vision.

Annual comprehensive eye exams help to detect vision issues sooner, including myopia and eye coordination issues that can negatively affect both academic and sports performance. Early detection and treatment of vision problems is important to ensure proper vision development.

Is your child having trouble seeing?

It can be hard to notice if your child is having trouble with their vision. Often the signs are very subtle and might not be recognized right away.

Symptoms can sometimes be misdiagnosed or overlooked, so it's important to get their eyes checked regularly with a comprehensive eye exam.

Myopia Matters

Children today are developing myopia — aka nearsightedness or difficulty seeing far away — more often and at younger ages than ever before. Once myopia develops, **treatment is available** to slow these changes and prevent future risk of vision loss and disease.

Spending **lots of time outdoors** (at least 1-2 hours per day) is the best way to prevent the onset of myopia.

Signs your child may be experiencing a vision problem:

- Avoids reading and detailed near tasks, like coloring, small games or puzzles
- Easily distracted or has a short attention span
- Complains of headaches, tired eyes or fatigue
- Clumsy or bumps into things
- Covers one eye or tilts head when focusing on something
- Rubs eyes or sensitive to light

How often should my child have a comprehensive eye exam?

Infants: First exam between **6 and 12 months** of age for the prevention and/or early diagnosis and treatment of sight-threatening eye conditions and to evaluate visual development.

Preschoolers: At least one eye exam between **3 and 5 years old** to prevent or diagnose any condition that may have long-term effects.

School-aged children (6 to 18 years): Children over the age of 5 should see an optometrist at least **once a year** for a comprehensive eye exam.

Tips for Vision Development by Age

A major part of vision development for toddlers and older children involves strengthening **eye-hand coordination** and developing visual processing skills like **memory** and **visualization**.

For all ages, start by **reading books & stories** with your little one **every day**. Running, tumbling & climbing and lots of **outdoor time** is also important for all ages.

2 - 3 YEARS

- Give unstructured play time to create & draw beginning with thick crayons or markers
- Play make-believe games, dolls, dress-up clothes, stories
- Assist to classify objects, colors, shapes
- Sort items into groups or sequences by color, shape, in rainbow order, etc

3 - 4 YEARS

- Tells stories, makes up names, Talk and talk... Help them use their imagination
- Challenge child to dodge, throw, stop/go, turn sharp corners, catch & throw a ball, etc
- Encourage problem solving with puzzles, hidden pictures, sames/differences
- Give time for drawing & coloring, activities with clay & play-dough

4 YEARS AND OLDER

- Practice writing and drawing with pencils or thin markers
- Encourage outdoor play and sports

80% of a child's learning in the classroom is processed through vision