

A SHORT GUIDE TO YOUR CHILD'S EYES

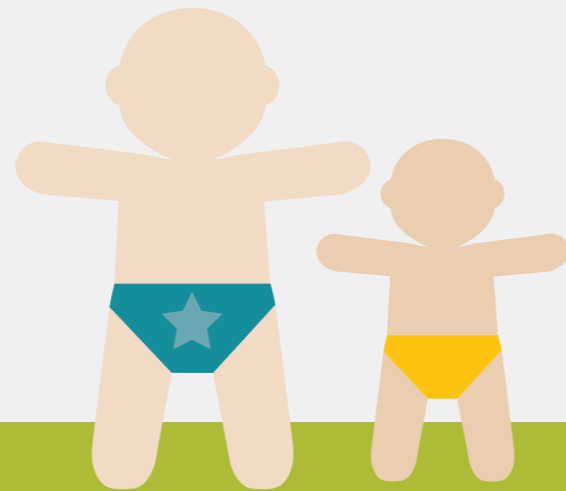


THE COLLEGE
OF OPTOMETRISTS

KEY EYESIGHT MILESTONES

Babies

- Eyes are more sensitive to bolder colours
- Can see colour at around 3 months
- Are able to focus after a few months

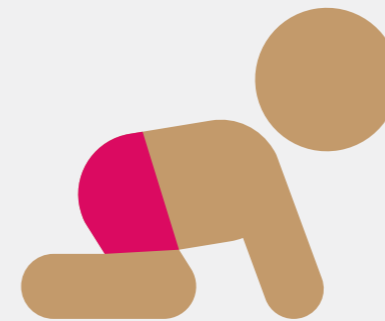


LOOK OUT FOR:

Your baby's eyes should be able to follow you around a room after a few months. You can do a quick check - cover each eye in turn, if your baby doesn't like having one eye covered more than the other one there may be a problem

6 months+

- Eyes should be fully developed
- Can judge depth and see 3D shapes
- In rare cases may need glasses



LOOK OUT FOR:

A white reflection glimmer in the eyes (you might see this in photos) – might indicate a problem. An optometrist can check this

4 years+

- At 4 to 5, vision screening should happen at school. If this hasn't happened by the end of your child's first year at school, and you have concerns about their eyes, take them to your optometrist
- Treatment for a lazy eye is most successful before the age of 7
- 6 to 7 is one of the key age groups for short sight to develop



LOOK OUT FOR:

A squint or lazy eye often runs in families, and may not be obvious



The growth spurt

- Eyes continue to grow and develop – so monitor your child's vision on an ongoing basis
- Complaints of headaches or tired eyes after school might indicate an eye problem
- 1 in 5 UK teenagers are short-sighted; 12 to 13 is a key age for it to develop



LOOK OUT FOR:

Short-sighted children - especially sporty ones - might benefit from contact lenses but they must be kept clean!

A POSSIBLE EYE PROBLEM?

Look out for these warning signs in your child.
They may indicate a problem...

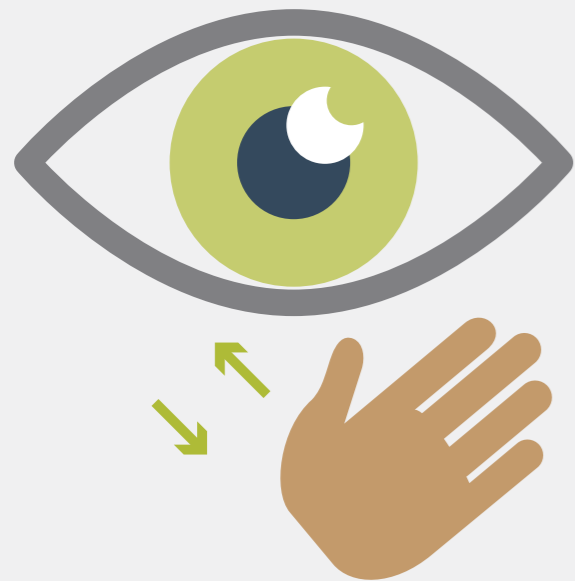
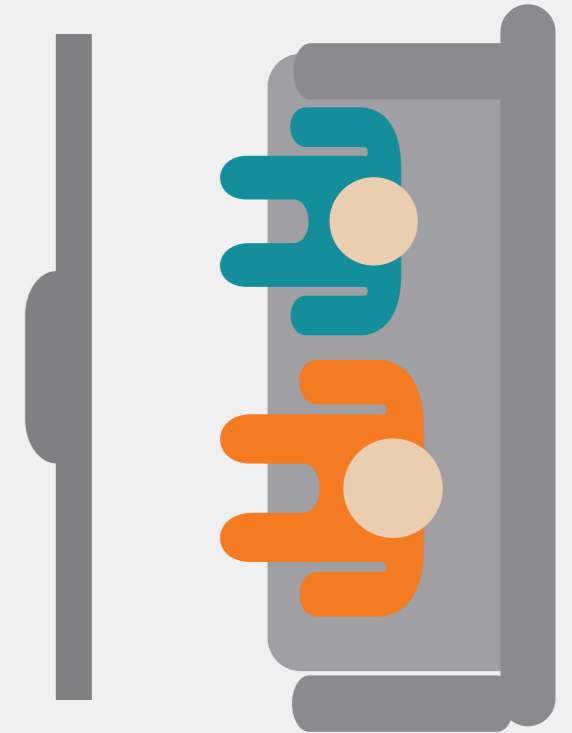


Rubbing their eyes a lot (except when tired, which is normal)

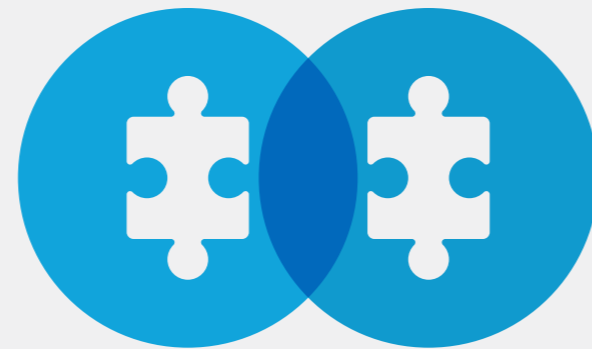
Having excessively watery eyes



Sitting very close to the TV or holding books/objects close to their face



Being clumsy and having poor hand/eye coordination



Complaining about blurred or double vision or having unexplained headaches

Screwing their eyes up or closing one eye when they read or watch TV



Avoiding reading, writing or drawing



Closing one eye when they go out in bright sunshine

REMEMBER: If you're worried, check it out. The earlier any problems are picked up, the better they can be treated

ALL ABOUT EYES



Eyes are the second most complex organ in the human body (after the brain)

Your eye blinks on average **16 times** every minute – over **10,000 times** in a day!

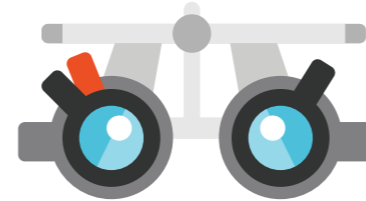


Unlike your teeth, your eyes don't usually hurt if there's something wrong

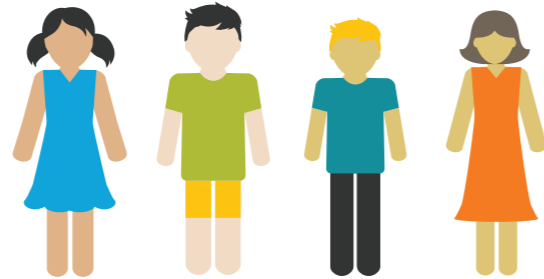


DID YOU KNOW?

Your child doesn't need to be able to talk or know their letters to have a sight test



Wearing glasses won't make your child's eyes worse



Children with learning difficulties are more likely to have problems with their vision



It's important to protect your child's eyes from the sun. Make sure your child's sunglasses have UV protection and carry the British Standard (BS EN ISO 12312-1:2013) or CE mark

X3

If you're short-sighted, your child is 3 times more likely to be too; this increases to over 7 times when both parents are short-sighted



Spending time outside can help prevent short sight



- 👁️ Looking after your child's eyes is as important as looking after the rest of their body
- 👁️ Children won't necessarily know (or tell you) if something is wrong with their eyes, so don't assume your child's eyesight is normal
- 👁️ If in doubt, get your child's eyes checked
- 👁️ Your optometrist is the eye expert on the high street – to find one local to you go to: www.lookafteryoureyes.org
- 👁️ Eye checks are free under the NHS for children under 16