

## Top 10 things to know about your child's eyes

- 1) Vision is poor at birth and steadily improves over the first few years of life**

Eyes are usually healthy and well developed at birth, but a neurologic connection from the eye to the brain needs to form for good vision to develop.
- 2) Children rarely outgrow a true lazy eye problem**

Always have your child examined by an eye care professional if you or your child's doctor suspects a lazy eye problem.
- 3) A child will usually not complain about poor vision**

Sometimes children will squint their eyes or close one eye if there are visual difficulties, but many times a problem is not found until proper screening has been performed.
- 4) Your child should have vision screening done by age three**

Your child's primary doctor will test for eye problems during office visits in the first few years, and then a screening exam should be done by preschool age.
- 5) Children should wear sun protection to limit UV exposure**

UV rays can contribute to the formation of cataracts and macular degeneration.
- 6) Reading difficulties are not caused by eye or vision problems**

Sometimes an eye muscle imbalance or focusing problem can contribute to difficulty with reading and learning, and these should be treated appropriately.
- 7) TV and video games do not cause eye damage**

Children can develop eye strain symptoms from excessive TV and video game use, so time should be limited.
- 8) Refractive errors such as nearsightedness are hereditary**

It is difficult to prevent the need for glasses in childhood, but some treatments might help slow the progression of nearsightedness.
- 9) Most eye injuries are preventable**

Sports-related eye injuries can be prevented by the use of protective eyewear, and other injuries, such as from fireworks, can be avoided by only allowing professionals to handle them.
- 10) Eye examinations are not painful**

Most children enjoy all of the "gadgets" involved for a typical eye exam. Temporary discomfort may result from installation of dilating drops. Sunglasses are necessary after dilation, and reading vision is blurred for several hours.