



EYES AND VISION

How well does your child see? Children should have their eyes and vision checked regularly. The first vision check-up can be when the child is about four or five years old. You should have your child's eyes checked earlier if you notice that he seems to have problems seeing. If your child sits very close to the television set or holds books or objects close to his or her face to see them, then your child may need glasses.

A child's eyes may be red or "blood-shot" if he doesn't get enough sleep, if he has dirt in his eye, or if he gets hit in the eye. Call your doctor if the redness doesn't clear by the next day.

Eye problems can be caused by such things as pink eye or other infections, allergies, being hit in the eye, or having dirt in the eye. These eye problems can be serious! You should call your doctor if you notice problems such as these:

- ✓ Your child doesn't seem to see objects clearly, or his eye looks cloudy.
- ✓ Your child has crossed eyes or a wandering eye.
- ✓ Your child's eyes are crusty, itchy, red, or swollen.
- ✓ Your child complains that his eye hurts.

If your child gets hit in the eye by broken glass, a stick, rock, BB pellet, or other object, it can cause serious damage. Call your doctor immediately if your child's eye is injured.

The sun's rays can also harm your child's eyes. Sunglasses labeled "100% filtration" or "0% transmission" provide the most protection.

Eyes



Your child has only two eyes, so protect them!

Children should have their eyes and vision checked regularly. The first check-up may be when the child is about four years old.

You should contact your child's doctor if you notice your child:

- ✓ Has crossed eyes.
- ✓ Does not seem to see objects clearly.
- ✓ Has crusty, itchy, or red eyes, or the eye hurts.