



# JOIN US FOR A CHILDREN'S VISION SCREENING

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DATE

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PLACE

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TIME

211 West Wacker Drive  
Suite 1700  
Chicago, Illinois 60606  
[PreventBlindness.org](http://PreventBlindness.org)

 **Prevent  
Blindness®**  
Our Vision Is Vision®



# CHILDREN'S VISION SCREENINGS

**Children often do not realize that they are not seeing as they should and may not complain or show signs of vision problems.**

If not detected and treated early, vision problems in children can lead to:

- Loss of vision
- Learning difficulties
- Delayed sensory, motor, cognitive or social-emotional development

**A vision screening is a first step toward ensuring a lifetime of healthy vision for your child.**

## **HOW CAN A VISION SCREENING HELP MY CHILD?**

- Identifies children in need of a professional eye examination
- May help detect disorders in an early, treatable stage
- Provides parents, caregivers and the public with valuable information about eye care
- May result in a referral to an eye care professional or primary care provider

**For more information about children's vision screening visit [PreventBlindness.org](https://PreventBlindness.org) or ask your eye care professional.**





# PROTECT YOUR CHILD'S EYES FROM THE SUN

**You know the sun can damage your child's skin... but what about her eyes?**

The sun's UV rays can damage your child's eyes and cause serious vision problems later in life.

## **HOW CAN I PROTECT MY CHILD'S EYES FROM THE SUN?**

- Have your child wear a brimmed cap and sunglasses when outside.
- Be sure to purchase polycarbonate-lens sunglasses labeled to "absorb 99-100 percent of UV-A and UV-B rays."

**For more information about selecting the best UV protection for your child, visit [PreventBlindness.org](https://PreventBlindness.org) or ask your eye care professional.**





# PROTECT YOUR CHILD'S EYES WHEN PLAYING SPORTS

Photo Courtesy of Liberty Sport

**Whatever your child's game or age, using the right protective eyewear can prevent most eye injuries.**

Baseball, basketball, boxing, football, hockey, racquet sports, swimming, soccer and volleyball account for two-thirds of sports-related eye injuries.

## **HOW CAN I PROTECT MY CHILD'S EYES?**

- Children should wear sports eye protection that meet the standards set forth by the American Society for Testing and Materials (ASTM)
- Sports safety eyewear must be appropriate for the sport and the athlete's size

**For more information about selecting the best sports eye protection for your child, visit [PreventBlindness.org](https://www.PreventBlindness.org) or ask your eye care professional.**





# PROTECT YOUR CHILD'S EYES AT HOME

**Accidents at home, at play and in the car cause thousands of eye injuries each year to children age 5 and younger. These injuries can cause lasting damage to a child's sight and even blindness.**

**AS A PARENT OR CAREGIVER, YOU CAN PREVENT MOST OF THESE ACCIDENTS IF YOU FOLLOW THESE STEPS:**

## **Understand the dangers**

The most common causes of eye injuries are:

- Misuse of toys
- Falls, such as from beds, against furniture, on stairs and when playing with toys
- Contact with harmful household and cleaning products, such as detergents, paints, glues and pesticides

## **Find and remove hazards at play**

- Read all warnings and instructions before buying a toy.
- Age warnings on toys are only for choking hazards—they do not mean a toy is safe for your child.
- Avoid toys with sharp edges or hard points, spikes and rods.
- Repair or replace damaged toys.

**Think about the child's abilities, not his or her age.**

**And always watch your child closely!**

**For more information about children's eye health and safety visit [PreventBlindness.org](http://PreventBlindness.org) or ask your eye care professional.**

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# SIGNS OF POSSIBLE EYE TROUBLE



**If your child shows one or more signs below, take him or her to an eye doctor as soon as possible.**

## **WHAT DO YOUR CHILD'S EYES LOOK LIKE?**

- eyes don't line up, one eye appears crossed or looks out
- eyelids are red-rimmed, crusted or swollen
- eyes are watery or red (inflamed)

## **HOW DOES YOUR CHILD ACT?**

- rubs eyes a lot
- closes or covers one eye
- tilts head or thrusts head forward
- has trouble reading or doing other close-up work or holds objects close to eyes to see
- blinks more than usual or seems cranky when doing close-up work
- squints eyes or frowns

## **WHAT DOES YOUR CHILD SAY?**

- "My eyes are itchy," "My eyes are burning" or "My eyes feel scratchy."
- "I can't see that very well."
- After doing close-up work, your child says "I feel dizzy," "I feel sick/nauseous" or "I have a headache."
- "Everything looks blurry," or "I see double."

**Remember, your child may still have an eye problem even if he or she does not complain or has not shown any unusual signs.**

**For more information about children's eye health and safety visit [PreventBlindness.org](http://PreventBlindness.org) or ask your eye care professional.**

# NEWBORN, INFANT & TODDLER VISION HEALTH



## HOW TO HELP YOUR BABY'S VISION

### 1 month

- Hold and feed your infant from alternating sides to promote adequate visual development of both eyes.
- Place your baby in his or her crib from different directions.
- Periodically change the location of the crib so the infant can see the world from different viewpoints.
- Hang a mobile off to the side so your baby can see it through the slats of the crib.
- Change the position of the mobile every other day.

### 2 months

- Allow your baby to explore with his or her hands. Touching different textures, sizes, weights and forms will help your baby learn.
- Place a lightweight rattle in your baby's hands and help him or her shake it.

### 6 months

- Play "peek-a-boo" to develop visual memory.
- Move the crib mobile close enough so that the baby can reach out and hit it.
- Tie bells on booties so the infant can learn about his or her body through sound and movement.

### 8 months

- Talk to your baby often. This will help your baby relate what he or she sees to words.
- Place objects on a highchair tray that can be pushed off and dropped to the floor.

**During regular well-baby doctor visits, your child's doctor should use family history and a vision evaluation to check for vision problems.**

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