

WHEN, WHERE, AND WHY?

Children should get an eye exam from an optometrist before the age of one.

One source for a checkup exam like this would be InfantSEE, (<https://www.infantsee.org>)

InfantSEE provides no-cost comprehensive eye and vision assessments for infants of 6-12 months old. For more information check out their website.

Schools offer vision screenings which are not the same as an eye exam. They are not performed by optometrists, so vision problems are often missed. By the time children start school, it's too late to prevent some vision problems from worsening.

PLEASE CHECK OUT THESE WEBSITES FOR MORE INFORMATION:

babyyourbaby.org

babyyourbaby.org/infants/vision-care-for-babies/

preventblindness.org

preventblindness.org/wp-content/uploads/2011/06/2019_PB95_Newborn.pdf

www.infantsee.org

www.infantsee.org/about-us?sso=y

www.utaheycenters.com

www.utaheycenters.com/2014/09/03/vision-screening/

www.aoa.org

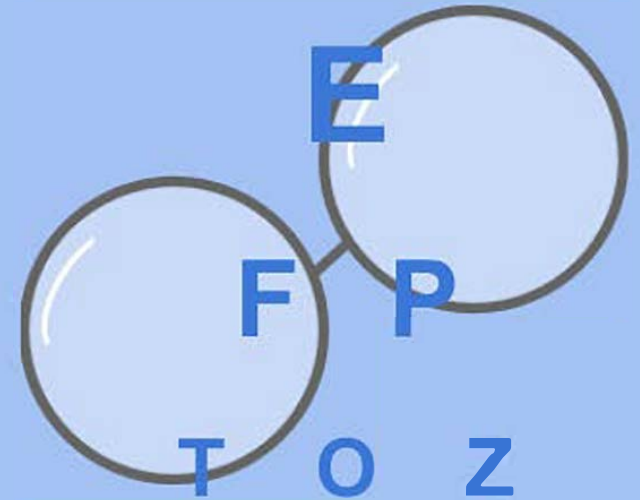
www.aoa.org/healthy-eyes/eye-health-for-life/infant-vision?sso=y

www.cdc.gov

www.cdc.gov/nchs/products/databriefs/db353.htm



BEGINNING TO SEE



L P E D

When Should Children Get Their First Eye Exam

Eye care begins in infancy

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STATISTICS

- ★ **Informed parents are more likely to get their children an eye exam.**

www.cdc.gov/nchs/products/databriefs/db353.htm

- ★ More than **50%** of children who have a vision screening and are recommended to have an eye examination do not get one.
- ★ Vision problems are the fourth most prevalent class of disability in the United States and one of the most prevalent conditions in childhood.
- ★ Approximately **5%** of toddlers should wear corrective lenses.
- ★ **25%** of school-age children have vision problems, according to Prevent Blindness America.

www.2020mag.com/ce/kids-contacts-and-quality-of

SIGNS THAT MAY BE INDICATIONS OF EYE AND VISION PROBLEMS:

- ★ Rubs eyes often.
- ★ Closes or covers one eye when looking at a book or toy.
- ★ Always tilts head to one side, especially when playing with toys, or pushes head forward or backward in an effort to see objects better.
- ★ Blinks eyes more than usual or more than other children.
- ★ Frequently squints, as if trying to focus on an object.
- ★ Seems clumsy or frequently bumps into objects.
- ★ Holds books or toys close to eyes.
- ★ Avoids looking at people or objects that are held close (within 8 to 15 inches; 20.32 to 38.1 cm) to the face

If vision disorders are not corrected before age 5 it can lead to permanent vision impairments such as refractive errors (myopia, hyperopia, astigmatism and anisometropia), amblyopia (lazy eye) and strabismus (lazy eye, misaligned eyes).

When these disorders are detected and treated early many can be corrected.