



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.*

**Helping Hand™**

*Health Education for Patients and Families*

## **General Eye Care and Safety for Children**

All children should have their eyes examined by an eye doctor by the age of 4. However, if your child has any signs of vision problems, they should see a doctor right away. If it is not taken care of early, it can result in lifelong vision problems.

### **Signs of vision problems**

#### **In babies:**

- eyes shake or vibrate
- eye cross, turn out, or drift. Does not stop by 3 months of age.
- abnormal or uneven, red/orange color pupils
- stares at lights
- does not look at bright toys or faces by 3 months of age

#### **In all children:**

- shut or cover eye(s)
- headaches or tiredness after doing up close work
- excessive redness or watering of the eye(s)
- cloudiness on the front of the eye or inside the eye
- often has red eyes without a known cause
- eyelids are stuck together when your child wakes up or there is crust in the eyelids or eyelashes
- eyes that burn or itch
- squint, blink, and rub the eye(s) often
- tilt their head up, down, or to the side when looking at objects
- get styes (small, painful pimples on the eyelids) often

## Eye safety tips

- avoid sharp, broken toys and objects
- do not play around lawn mowing and fireworks
- keep chemicals, sprays, and laundry/dishwashing pods locked up and out of reach
- wear sport goggles and sunglasses
- avoid BB, pellet, NERF<sup>®</sup>, and dart guns