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
- 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
- eyelids are stuck together when your child wakes up or there is crust in the eyelids or eyelashes
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®, and dart guns