



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 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 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 or ask your eye care professional.

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PreventBlindness.org

 **Prevent
Blindness**[®]
Our Vision Is Vision[®]

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 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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