

Your baby's eyes

FAQs

Is it normal for my baby's eyes to change colour?

Yes. Most children are born with blue or grey eyes. Until your baby is 12 months old, you may notice their eye colour changes as the final eye colour appears.

Is an eye exam needed only if my child has eye problems?

This is not true. Many eye and vision problems in children may not be noticeable to you, so a regular eye examination with an optometrist is very important.

I had my child's eyes examined and they were fine. Do they need another eye exam?

Yes. Even if your child's eyes are healthy and their vision is developing well at their first eye exam, this is no guarantee that eye problems will not occur later.

Questions

Why is vision important?

Vision is one of our most precious senses. Babies and younger children will learn more about the world from vision than through all their other senses combined. As a parent you can do much to ensure your child's eyes develop and grow to ensure good vision for life.

How do my child's eyes develop?

Babies will have their eyes examined at birth. As they grow, many leaps in vision occur. Initially, babies learn to use both eyes together and begin by focusing on close objects, such as your face and toys that grab their attention. As their eyes develop, they will start to focus on objects further away and begin to use depth perception. This is a very important time in your child's development, as they learn and develop the good visual skills they will need in the future.

How can I tell if my child has good vision?

Sometimes it can be difficult to tell how well your child sees, especially when they are very young. A visit to the optometrist will test that their eyes are healthy and vision is developing as expected.

At what age should children have their first eye exam?

Even if things are going well, visiting your optometrist for regular eye examinations is the best way to make sure that your child's eyes are ready for school and reading. If for any reason you suspect an eye or vision problem or there is a family history of poor vision, you should have their eyes examined.

What is the most common eye problem in children?

Amblyopia, or lazy eye as it is commonly known, is the lack of development in one eye which causes poor vision in that eye. Amblyopia usually occurs before the age of five years and most of the time, there are no symptoms. The best news is that the vision in the lazy eye can be improved if detected and treated early.

What happens in the first eye exam?

Your optometrist will examine your child's eyes to make sure they are healthy and vision is developing normally in each eye. Your optometrist has special tests they use for children who are yet to begin reading and will make the eye exam a fun experience. To make the eye exam most enjoyable for your child, it is sometimes easier for you to bring your child in when they are relaxed and happy. Most of all, congratulate yourself on giving your child the best opportunity to achieve good vision for life.



For more information and help to select the treatments that meet all your eye care and lifestyle needs, ask your optometrist or visit goodvisionforlife.com.au

Your optometrist