

Spot 'Em Early

BE ON THE LOOKOUT FOR
ANY SNEAKY SIGNS!

Does your child have any of these symptoms or signs? If yes, he/she needs a check-up by a paediatric ophthalmologist immediately!



- While reading and doing near vision work, does your child hold books or objects unusually close?



- Close one eye, or cover the eye with the hand, or squeeze the eyes while looking?



- Do they twist and tilt their head towards the book or object?



- Misses a line frequently while reading a book?



- Does your child rub their eyes during or after short periods of reading?



- Does your child have a whitish reflex in the eye?

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Can only read for short periods of time? Does your child frequently complain of:



- Inability to read the blackboard
- Headaches
- Pain in the eye
- Double vision



- One eye points at a different direction from the other. This is important even if it happens only when the child is tired or stressed. Crossing of the eyes?



- Excessive redness/ watering/ Discharge from the eye.

Take action today! Book an appointment with our **Paediatric Eye Specialist**, without delay!

 **Call 1800 419 1397**



Children's Eye Clinic

in partnership with
LV Prasad Eye Institute



 **fernandez**
Built for Birthing


So that all may see
LV Prasad Eye Institute

Prioritising children's eye health ensures that they can see the world clearly, fostering their ability to learn, explore, and appreciate every moment with clarity and vision.



What is a comprehensive eye exam?

It involves a thorough eye check-up to diagnose conditions, where the eye specialist checks your eyes closely and does different tests. Some tests check how well you can see and assess the need for glasses. Other tests look for any eye problems or diseases. These examinations also give information about your overall eye health. To get a better view inside the eyes, eye drops are used to widen the pupil during the exam. This allows your eye specialist to detect signs of eye disease more effectively through dilation and additional specialised tests.

What do specialists evaluate?

During an eye checkup, your provider will also check for eye problems, like:

- **Refractive errors**
- **Squint (strabismus) / Crossed eye**
- **Eye allergies and infections**
- **Congenital cataract**
- **Congenital glaucoma**
- **Unilateral ptosis**
- **Anomalies in the anterior segment of eye**
- **Retinal diseases**

Why do we need to screen the child's vision periodically?

During childhood, from birth to the teenage years, kids' eyes develop rapidly. Certain guidelines have been established for screening children's eyes.

Recommended schedule for child vision screenings

A vision screening is a more efficient eye examination. A child is "screened" for eye problems and referred to an ophthalmologist for a comprehensive exam if needed.

FIRST EYE SCREENING

- **Age: Newborn**
A doctor or other trained health professional should examine a newborn's eyes to check for basic eye health indicators.

SECOND EYE SCREENING

- **Age: 6 to 12 months**
A second screening should be done during the child's first year. This screening is usually done at a well-child visit between 6 and 12 months.

FOLLOW-UP EYE SCREENING

- **Age: 12 to 36 months**
Between 12 and 36 months, a child is checked for healthy eye development and vision screening.
- **Age: 3 to 5 years**
A child's vision, eye alignment and a comprehensive eye examination can be performed between 3 and 5 years. This may be done by an ophthalmologist, optometrist or an orthoptist.
- **Age: 5 years and older**
At 5 years of age, children should be screened for visual acuity and alignment. Near-sightedness (myopia) is the most common problem in this age group. It is corrected with eyeglasses. An ophthalmologist/optometrist should examine a child with misaligned eyes or signs of other eye problems.

Regular eye check-ups help keep your children's eyes healthy by spotting issues early, improving vision, checking their overall health, and safeguarding clear eyesight.