

# CHILDREN'S VISION



## PROGRESSIVE DEVELOPMENT UP TO THE AGE OF 6

FROM 0-9 MONTHS, THEIR VISION DEVELOPS QUICKLY



### AT BIRTH A BABY HAS VERY POOR VISION

- Low visual acuity
- Limited visual fields
- No clear focus, blurred vision
- Highly light sensitive
- Poor perception of colour



### AROUND 4 MONTHS

- Improved visual acuity
- Fields of vision become equivalent to a 40cm bubble
- Begin to be able to fix on objects
- Improved perception of colour
- Start trying to hold objects



### AROUND 9 MONTHS

- Sharper vision
- Enlarged fields of vision
- Visual exploration of their surroundings thanks to the new found ability to crawl

IT IS NOT UNTIL THE AGE OF 5 AND 6 THAT A CHILD'S VISUAL ACUITY REACHES TYPICAL ADULT VALUES

## EARLY IDENTIFICATION OF VISUAL DEFECTS CAN RESULT IN BETTER CORRECTION

### SQUINTS

#### THE BABY IS CROSS-EYED OR HAS A SQUINT

Up to 3 months this presents no real problem, however if the problem persists beyond 3 months you should get the condition investigated especially if you have a family history of squints.

### AMBLYOPIA

#### THE SIGHT IN ONE EYE DOES NOT FULLY DEVELOP

In cases where this is diagnosed before 6 months the correction is straightforward, however after 6 months the process is more involved and takes longer.

### LONG SIGHTED

#### THE CHILD HAS TO MAKE EXTRA EFFORT TO SEE THINGS AT A SHORT DISTANCE

The symptoms: headaches, abnormal tiredness and the possibility of a squint.

### SHORT SIGHTED

#### THE CHILD HAS POOR DISTANCE VISION

Often short-sightedness becomes apparent when a child goes to school.

### ASTIGMATISM

#### THE CHILD HAS DISTORTED VISION

Part of the eye is irregular in shape, and often certain directions appear to be more blurred than others.

#### Check for

SQUINT NOT A PROBLEM

SQUINT TENDS TO BE ABNORMAL

RISK OF SHORT-SIGHTEDNESS FROM SCHOOLING



#### Visits to Optician

3 VISITS REQUIRED

2 VISITS ADVISED

ANNUAL SCHOOL CHECK

REGULAR SIGHT TESTS

## GENTLY STIMULATE TO KEEP GOOD VISION

### DURING THE FIRST FEW MONTHS



#### STIMULATE

The perception of colour.  
Use coloured objects of various shapes and sizes.



#### THE BODY AND EYES MUSCLES ARE COORDINATED

Note the stages:  
Crawling.  
Standing erect.

### LATER ON AND THROUGH LIFE



#### SITTING DISTANCE FROM THE TV

Make sure that your children do not sit too close to the television.  
You should make sure they are at least six times the diagonal measurement of the screen away.



#### SITTING AT THEIR DESK CORRECTLY

Feet should be placed flat on the floor.  
The distance of their eyes from the reading object should be equal to the length of their forearm.  
Make sure they have two sources of light, one direct and one casting general light.