

# 7 CHILD EYE PROBLEMS NO PARENT SHOULD IGNORE

ACCORDING TO THE AMERICAN ACADEMY OF OPHTHALMOLOGY

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## **BLINKING OR RUBBING**

repeatedly can indicate a refractive error, such as nearsightedness. Your ophthalmologist will need to check your child's vision to diagnose this and prescribe corrective lenses if needed.

## **HEAD TILTING OR COVERING ONE EYE**

A number of different eye and developmental conditions can cause a child to tilt their head or cover one eye. For more information visit 10 Child Eye Problems Parents Should Never Ignore - American Academy of Ophthalmology ([aao.org](http://aao.org)).

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## **DISCOMFORT OR ITCHINESS**

is often a temporary condition associated with seasonal allergies. Eye allergies can also cause tearing and/or a burning sensation and/or puffy eyelids. If discomfort is accompanied by redness and a sticky or goopy discharge, it can be a sign of viral or bacterial conjunctivitis, aka pink eye.



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## SLEEPING WITH EYES OPEN

If children frequently sleep with eyes open in an air conditioned room or with a fan blowing, eyes may become dry, red and irritated upon waking. Your ophthalmologist can suggest an eye ointment or drops that will help keep eyes sufficiently moist and prevent damage to the cornea.

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## CRUST OR GOOP IN EYES

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can be caused by blepharitis, or inflammation in the oil glands of the eyelid. A blocked tear duct can also be associated with crusty eyes. This occurs when the eye's drainage system for tears is obstructed and tears cannot drain normally. This can lead to a watery, irritated and/or chronically infected eye.

## MISALIGNED EYES

If an eye turns inward, outward, upward or downward, that is a sign of strabismus, a visual problem that occurs in 2% to 5% of American children. Strabismus can impair vision development since both eyes must aim at the same spot together to see properly. Left untreated, strabismus can lead to amblyopia, a condition where the misaligned eye has weaker vision.

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**R.S.V.P.** stands for: redness, sensitivity to light, vision change and pain. If your child experiences any one of these, it's a good idea to make an appointment with an eye care provider. If they have two or more of these issues, they may need more immediate medical attention.