

Kids Eye Health

Is Not Child's Play



Eye Health



A young child's eyes are always in use. Poor eyesight can lead to problems in a child's development, school performance, social interactions, and self-esteem.

Vision disorders are the most prevalent disability in childhood, with problems affecting 1 in 5 preschool aged children.





If left untreated, eye and vision disorders can worsen over time, which is why early diagnosis and treatment are critical to a child's vision and overall eye health.

A basic eye exam or vision screening may be helpful, but these typically assess only a single component of vision.

As a result, many eye and vision conditions often go undetected.

The American Optometric Association recommends that infants be seen by an optometrist or ophthalmologist at six months old. By their third birthday, your child should have their first comprehensive optometric eye examination. This primary thorough test will ensure their vision is developing properly and is recommended annually throughout their school years.





The California Department of Consumer Affairs licenses eye care professionals who are committed to making sure that your child's vision is as clear as it can be.

To find an optometrist, contact the State Board of Optometry www.optometry.ca.gov or the Medical Board of California www.mbc.ca.gov for an ophthalmologist near you.

For more information about
children's eye health, visit
www.optometry.ca.gov.



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