

Common children eye problems



Refractive errors

- Hyperopia (farsightedness), Astigmatism, Myopia (shortsightedness)
- Blurry vision, affecting daily life and academic performance
- May cause amblyopia (lazy eye) or strabismus (squint)



Strabismus

- May cause amblyopia, double vision and eye strain
- Affect appearance, confidence, depth perception, eye-hand coordination



Amblyopia

- Causes:
 - High refractive errors, anisometropia (large difference of refractive errors between eyes)
 - Strabismus
 - Congenital cataract or ptosis
- Blurry vision, affecting daily life and academic performance



Visual perceptual problems

- Letter reversal ('b' and 'd')
- Line/ word jumping
- Affecting academic performance



If you would like to make an appointment for an eye examination, please contact the Optometry Clinic at The Hong Kong Polytechnic University.

Online booking :



<https://ocwb.polyu.edu.hk>

Telephone : (852) 2766 5225

Enquiries : <https://polyu.hk/FkIBM>

Website : <https://www.polyu.edu.hk/so/>

Address : Room A034, The Optometry Clinic, The Hong Kong Polytechnic University



The Optometry Clinic Children Vision Service



Upon discovering the above issues during a comprehensive pediatric eye examination, the optometrists will provide professional advice and arrange binocular coordination assessments or visual perception evaluations. They will then design a personalized vision training plan or refer the child to an ophthalmologist for further follow-up.



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What is included in the Children Eye Examination?

1.



History taking

2.



Vision assessment

3.



Refraction

4.



Binocular vision and Stereopsis

5.



Color vision

6.



Eye pressure, external and internal ocular health

7.



Consultation and Recommendation

The optometrist may recommend the use of dilating eye drops as needed to relax the ciliary muscles and to dilate the pupils, allowing for a more accurate assessment of refractive error and retinal health.

Our optometrist team, specializing in children vision, provides eye examinations to infants and children aged **6 months and above.**

Question

1

How to check the vision of children who do not understand letters:

Infant Vision Examination:

Since infants tend to focus on visually stimulating patterns (such as black-and-white stripes or high-contrast designs), the optometrist uses the concept of preferential looking to observe whether the infant's eyes focus on detailed patterns on the vision chart, assessing their visual level



Toddler Vision Examination:

Read or match letters or shapes on the vision chart



Question

2

Children may not be able to accurately describe vision problems or determine which lens is clearer. Can an accurate prescription still be obtained?



Yes.

The optometrist uses advanced testing instruments to objectively assess the child's refractive error.

Question

3

Children may resist placing their heads on the eye examination equipment. How can their eye health be checked?

Our clinic is equipped with portable instruments, allowing infants to be examined while sitting in a chair, in their parents' arms, or in a stroller, enhancing the flexibility of eye examinations.



Common eye symptoms



Frequent head turn/ head tilt or squinting when looking at things



Rubbing the eyes



Close viewing distance



Skipping words, mixing up word order, re-reading, or jumping lines while learning



Frequent or forceful blinking

If parents notice any of these behaviors in their children, they should promptly schedule a comprehensive eye examination to identify the underlying causes and address the problem as soon as possible.

When Should Children Have Comprehensive Eye Examinations?

Even in the absence of abnormal symptoms, it does not mean that eye development is normal. Parents should regularly arrange eye examinations for children to detect potential issues early, ensuring appropriate treatment and allowing proper visual function development.

Suggestions from The American Optometric Association:



Before Age 1

First eye examination

to check for congenital eye diseases and developmental anomalies.



From Age 3

Annual eye examinations

to check refractive errors, visual acuity, binocular coordination skills, eye health, risk of amblyopia and strabismus, and ensure visual function meets learning and development needs.