

# Signs of abnormal eyes in preschool children

Young children, especially preschoolers, may not realize they have a vision problem, which is why parents need to be especially vigilant about their child's vision health.

**Vision** is important for a child's learning, growth and development, especially during the first three to six years of life. **Good vision** improves eye-hand-body coordination, fine motor skills and visual perception, which are essential for reading and writing.



Unfortunately, young children, especially preschoolers, may not realize that they have a vision problem, which is why parents need to be especially vigilant about their child's vision health. Regular eye exams for preschoolers are important to ensure that their child's eyes are developing normally.

**Several factors may put preschoolers at higher risk for vision problems, including:**

1. Premature birth or low birth weight
2. Family history
3. Neurodevelopmental disorders
4. Eye injury or disorder



## Signs that preschool children have vision problems

1. Constantly rubbing or blinking eyes
2. Squint
3. Clumsy, difficulty going up and down stairs
4. Sitting too close to the TV
5. Hold toys or books close to face
6. Difficulty in hand-eye coordination when playing soccer
7. Frequent headaches due to trying to concentrate too hard
8. Sensitive to excessive light
9. Poor visual tracking (tracking an object)
10. Abnormal eye alignment or movement
11. Chronic red or watery eyes
12. White pupils instead of black



If you notice any of these symptoms or your child has never had a comprehensive eye exam, schedule an appointment with an ophthalmologist. Don't worry if your child can't read or recognize letters yet. **Eye exams for infants and preschoolers** are available from an ophthalmologist .

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