

## Care Of Child's Eye

**Dr. Amit S. Deshmukh**

M.D.

Dept. of Kaumarbhritya

J.A.M. C.&H. Nagpur

**T**here is a great deal a parent can do to help a child develop strong eyes, healthy vision and adult perception. The development of the eyes starts right at conception and continues after the child is born and attains an age of six years, if the child's eyes are to be given a fighting chance against the visual requirements of life today, intelligent care is essential. The various stages in the development of the eyes and the vision and steps to be taken have been described below :

### Birth to two months:

That the eyes commence their movements even before birth has been determined by specific instruments.

As birth, a child is able to move its eyes momentarily, but usually one at a time. It looks at you now with one eye and then with the other. Its focusing ability is limited to a few inches from its face. Seeing clearly those objects which are more than 7-8 inches away from the eyes is not possible.

At this stage eye movements are closely linked to body movement: when it looks, it stops moving and when it moves, it stops looking !

Even in the first week, the infant has some basic survival instincts incorporated into its visual mechanism. It will try to avoid an object approaching its face.

In the second week, the child will be attracted to sounds and lights and will attempt to turn its eyes towards them. At night, keep a dim light on so that if the child wakes up at night, it has something to look at.

The cradle in which the child sleeps should have open or transparent sides which would allow it to see through. At this age the child is not able to move its head on its own. Hence, do not keep the cradle near a wall. Otherwise the child will not receive stimulation to use both its eyes. If the cradle has to be kept near a wall, the child's position should be frequently changed so that light coming from various directions enters and stimulates its eyes.

By the time the child is five to six weeks old it is aware of different patterns. Hang a toy on its cradle, about a foot from its eyes. Talk to it from different areas of the room. This gives it chance to watch and follow a moving target and allows it to associate distance and direction with both sight and hearing.

Let your child spend some of its walking time in rooms other than its nursery, providing it with more bright areas and objects to watch while it is learning to control its eye-movements. Encourage the child to move its head by placing it on its stomach for five to ten minutes at a time.

### Two to four months:

Somewhere around fourteen weeks, the eyes begin to converge, enabling the child to judge the distance of various objects from it. i.e., to determine which object is closer than the other.

The child also tries to reach nearby objects with its arms and legs, developing the co-ordination between eyes and limbs in the process.

Continue to place the child on its stomach for short periods of time so that its ability to move its head develops further.

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Toys and other things to reach should still be within eight inches, the distance it can focus.

### Four to six months:

The child now is able to turn itself from one side to the other and its use of arms and legs is picking up. Thus eye-hand co-ordination develops further. Make sure that the child can look out of the cradle on both sides and has interesting things to look at.

### Six to eight months:

By the sixth month, the child can use both its eyes together and in co-ordination. Simple games can prove useful in developing its visual abilities, Play hide and seek games. Put a ball under a blanket and ask it to locate it. Roll a ball back and forth to it.

Make it sit so that the ball will roll between its legs. This will develop the ability of its eyes to track moving objects. Provide it with stacking toys, stuffed animals and objects with details. The child is ready to look at finer points of larger objects.

**Eight to fourteen months:**

The child now uses its eyes to judge distance and throw objects with precision. Provide it with simple toys, the parts of which can be taken apart and then assembled together. Also continue to give it objects which roll, such as balls.

**Fourteen months to two years:**

The child should have its depth perception fairly well developed and its body co-ordinate at this at this stage, so that walking, going up and down steps on four limbs, jumping and running are accomplished easily. Eye-hand co-ordination is fairly smooth.

**Two to three years:**

This is a good time to make the child aware of good visual habits.

Prevent the child from taking undue interest in near-point activities. Insist that the child does all reading, writing or drawing in sitting posture only, in very good light and keeping a fair distance between its eyes and the book. Continuously instruct child in this regard.

**Three to five years :**

The suggestions for children from two to three years, apply to a greater extent at this stage. The child's activities should be balanced. It should not be sedentary all the time, nor should it always be outdoors running and jumping. It will have too much trouble when school starts. But the little girl who learned how to read and does not want to do anything else or the youngster who has three to four hours of television or video viewing daily needs to be encouraged to use his muscles and move his body through space. In short, see to it that your child grows up into a flexible adult with more than one way of expressing himself or herself.

The child should also be taught the ways of cleaning and resting the eyes. It should also be taught to let its body-muscles go limp and slack, through Shavashana.

Get your child's eyes and sight examined before admitting it to a school. Such eye check-ups should be repeated.

**Every Six Months Thereafter :**

If your child is clumsy, if it trips or falls over objects or bumps into them, if it just cannot concentrate on reading, coloring or drawing, if it thrusts its head forward to look at instant objects, if its eyes do not seem straight, if it blinks more often or shuts its eyes partially while viewing television, if it tilts its head to one side, if it holds the book too close to its eyes or if it complains of headaches, dizziness and watering from the eyes after spending time on a visual task, it could be having a visual shortcoming or defect.

An early detection and prompt treatment may bring an end to the problem.

If one of the two parents (or both) have visual defects they should be all the more alert and prevent such a development in their children.

**The Inner working of eye:**

Light refelected off an object passess through cornea.Muscles around the eye contract or relax to adjust the shape of the lens, focusing the light rays.The rays then reach the retina, where over 100 million light sensitive cells read them and transmit the image through the optic nerve to the brain.

**Conclusion:**

A balance diet can make the difference in everyones overall health and wellness.knowing which foods contain the nutrients that may promote eye health can help you start making these choices as a part of your family's diet. Fruits, vegetables ,nuts,and fish contains key antioxidants and nutrients such as vit c ,vit E, zinc, omega 3 fatty acid and lutein which are linked to eye health.

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