

# Eye & Vision Care Facts

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**SEE SAW**  
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## Q: When should babies get their first eye exam?

**A: Between 6-12 months old!** According to the American Optometric Association, an expert assessment of a child's eyes should be performed:

- Once at 6-12 months.
- Once at 3-5 years.
- Once before first grade.

A comprehensive eye examination is the best way to ensure that there are no vision issues which can result in learning or development problems in the future.

The tests performed during an infant eye exam may look a little different than an adult eye exam, but important visual functions are all thoroughly assessed.

Common conditions screened for include significant focusing problems (nearsightedness, farsightedness, and astigmatism), eye turns (strabismus), tear duct blockages, and other eye health concerns.

### Components of an Infant Comprehensive Eye Exam:

- Review of History
- Visual Acuity
- Pupil Evaluation
- Eye Movements
- Alignment of Eyes
- Visual Attention & Tracking
- Intraocular Pressure
- Retinoscopy
- External Eye Health
- Internal Eye Health

The eye care specialist will then discuss the results of the exam and recommend a plan of action to address any concerns.

### What to Bring:

- Insurance card(s)
- List of medications
- Pediatrician's contact information
- A small favorite toy to pay attention to
- Snacks or bottle

All patients under 18 should be accompanied by a parent or legal guardian.

Remember that a child's first eye exam may take some extra time!

### Getting ready for your infant's eye exam.

If your child has a consistent naptime, we generally recommend bringing her/him in when they are likely to be alert (though we know this can be unpredictable!). Bring toys, snacks, or bottles to keep your child entertained during the exam, and we will take care of the rest!

### Does my infant need to get dilated?

For the most thorough evaluation of the eyes, it is recommended that many patients get dilation drops as part of their eye exam. Dilation allows for a much better view of the structures of the eye and relaxes the eye's focusing muscles for better understanding of your child's visual needs.

**A first eye exam sets your child up for a lifetime of healthy vision!**

For more questions, contact your eye care professional.