

“A glint or a squint should make you think”

What should I do if I am unsure if there is a problem?

If you have noticed a crossed-eye or white pupil in your baby, it could be OK, but you should still see your:

- Family doctor/GP
- Maternal Child Health Nurse
- Optometrist

They will check your baby's eyes and decide if there is a problem that needs more testing by an eye specialist.

You could take your photos and this pamphlet with you to help explain what you are noticing or are concerned about.

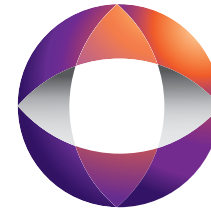
“ If you don't know what you are looking for, then you don't tend to look for it....I wouldn't want to not pick up something
- Parent ”

“ I'd rather check a baby sooner and reassure the parent rather than it be too late to do anything
- Eye specialist ”

For more information:



Scan the QR code to visit www.cera.org.au/glinton-or-squint



Your baby's eyes and what you need to know...



Looking after your baby can be overwhelming. There is so much to learn and know.

Like all parents, you want the best for your baby.

You will spend many hours looking at your baby's eyes and taking lots of photographs. What you notice can be very important.

This pamphlet will help you recognise early signs of **eye problems**.

What can my baby see?

Age	Milestone
Birth	<ul style="list-style-type: none">• Reacts to bright light• Attracted to faces• Occasional or briefly cross-eyed
1 month	<ul style="list-style-type: none">• Looks at faces• Starts following moving objects• Starts to return your smile
2 months	<ul style="list-style-type: none">• Recognises your face• Follows moving objects easily
4 months	<ul style="list-style-type: none">• Can focus on toys• Begins to reach and grasp toys• Eyes should be straight at all times and move freely in all directions
12 months	<ul style="list-style-type: none">• Picks up small objects with thumb and fore finger
Up to 7 years old	<ul style="list-style-type: none">• Sharp vision continues to develop• Development of 3D vision

Any eye problem during this time can affect your baby's vision development.

- ❖ Vision develops from birth to 7 years.
- ❖ Early diagnosis and treatment provides the best chance for vision to develop normally.

My baby's eyes look cross-eyed...

It is normal for your baby's eyes to look cross-eyed (eye turn/squint) for very brief periods as he learns to use them together.

By 4 months, your baby's eyes should be straight at all times.

Any eye turn that continues beyond this age **even if it comes and goes** should be checked by your doctor.

Cross-eyed or optical illusion?

Sometimes, the wide bridge of your baby's nose can make it **look like** your baby's eye is turning inwards.



Wide bridge of nose = optical illusion

This can be more obvious when your baby looks to the side. As their face grows, this cross-eyed appearance will disappear.

How do I know if my baby's eye is turning?

It can be very confusing to know if an eye turn is really there.

You can check for yourself.



Light centred in each eye

- Hold baby's head straight
- Shine a torch 30cm from their eyes
- If the light appears in the CENTRE of each eye = no eye turn

IF YOU ARE UNSURE, ASK YOUR HEALTH NURSE OR DOCTOR

When is an eye turn a problem?

An eye turn can be:

- In either eye
- Inwards or outwards
- Small or large
- Noticeable some or all of the time



Small inward turn right eye



Large inward turn left eye



Small outward turn left eye

You will not necessarily notice whether your baby's vision is developing normally just by how your baby behaves.

Any type of eye turn can either be:

- **Caused by** poor vision in one eye or;
- **Result in** your baby's vision not developing properly (amblyopia)

An eye turn can be a sign of a more serious health problem - even if you can't see it all the time.

It is important to have your child examined promptly by your doctor.

You should mention any family history of eye problems to your Health Nurse or doctor as this can also be very important.

Why are my baby's eyes 'red' in photos?

You will be used to seeing 'red eyes' in your photographs. They occur because of the way light is being reflected in the eye.

This is normal.



What if I see a white pupil?

White pupils can sometimes appear in photographs taken with a smartphone or can be caused by the angle at which the photo is taken.

A white pupil, or 'glint' may also appear very briefly at different times:

- At night during a feed
- Lying on the change table
- Looking up at you at bath time



Rarely, but importantly, a white pupil can be a serious eye problem.

If you still see a white pupil after retaking your photos, see your doctor promptly for advice and take photos with you.

If you see a white pupil in your baby **at any time or in a photo**, go to:

<http://www.cera.org.au/glint-or-squint>