

## 初生嬰兒及兒童甚麼時候需要檢查眼睛呢？

初生嬰兒及兒童需要定期檢查眼睛，我們有以下的建議：

- **一歲前**

檢查眼睛的先天性疾病及眼睛發育中的毛病。

- **三歲**

檢查視力，眼球移動，雙眼注視（雙眼互相協調能力）和眼睛對焦等功能。

- **入讀小一前**

全面的眼睛健康檢查確保視力發展足以應付學習生活。如果小孩有未發現的視力問題，這可能會對他們的學習構成障礙及困難。



## When should babies and children have eye examinations?

Babies and children should have regular eye examinations. We offer the following guidelines:

- **Within the first year**

Examination of the eyes for disease and developmental problems.

- **Age 3 years**

Assessment of visual acuity, eye health, eye movements, binocular vision (the ability of the two eyes to work together) and focusing skills.

- **Before entering primary school**

Thorough eye examination to ensure that visual skills are adequate for school. Children with undetected vision problems may have difficulty in learning and this leads to frustration in school.

閣下如需要更詳盡的資料或想預約檢查眼睛，請聯絡香港理工大學眼科視光學診所。

For more information or to schedule an appointment, please contact The Optometry Clinic, The Hong Kong Polytechnic University.

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## The Optometry Clinic 眼科視光學診所



## 兒科視覺服務 Children's Vision Service



## 兒科視覺服務

「兒科視覺服務」是香港理工大學眼科視光學診所一個特別的部份。此中心為兒童及嬰兒提供眼睛健康檢查。「兒科視覺服務」內的眼科視光師及實習眼科視光師不但會透過合適及先進的儀器為兒童進行眼睛檢查，並會提供有關預防眼疾及如何護眼的指引。



## Children's Vision Service

The Children's Vision Service is a special part of The Optometry Clinic of The Hong Kong Polytechnic University. It provides eye care to children and babies as young as a few months old. Our staff and student optometrists work with sophisticated equipment to make sure that your child receives the care he or she needs. We also offer preventive care and guidance if you have concerns about your child's visual development.



## 為甚麼兒童需要檢查眼睛呢？

眼睛在嬰孩時期發育得十分快速，特別在一歲前。雖然，很多兒童的眼睛功能發育得十分完善，但亦有些表面上看似很健康的兒童會遇到眼部發育障礙的問題。大部份眼睛發育障礙的問題若及早發現是有機會改善及矯正的，所以，從小接受眼睛檢查是十分重要的。如眼睛的發育與正常有偏差是可以透過配戴正確的鏡片、視力訓練去矯正的。



## Why should children have an eye examinations?

Children's vision is developing rapidly, especially during the first year. Although the eye sight of most babies and children develop without any problems, a few healthy children have developmental problems with their vision. It is important to have your child's eyes checked. Some vision problems that are detected early can be treated before any loss of vision occurs. Abnormal visual development can often be corrected with glasses or vision therapy.

## 哪些是兒童常見的視覺問題呢？

兒童較常見的視覺問題有屈光不正，例如近視、遠視及散光。其他方面亦包括弱視（俗稱懶惰眼）、斜視（俗稱鬥雞眼）、雙眼協調及對焦問題、眼球追蹤和注視物件的準確性、及視覺運作上的問題等等。

一般情況下，屈光不正可用鏡片去矯正，但亦有些視覺問題並不能單靠眼鏡，我們會利用一些儀器及鏡片為這些兒童設計出一系列的視覺訓練活動。這種視覺治療稱為「視覺矯正」。



## What common vision problems do children have?

The most common problems are refractive errors such as short-sightedness; long-sightedness and astigmatism. Other vision disorders may include amblyopia (lazy eyes); strabismus (deviating eyes); binocular and focusing problems; eye tracking and fixation accuracy, as well as visual processing problems.

In general, refractive errors can be corrected with spectacles. However some vision problems need more than eyeglasses. For these children, we design a programme of activities using special instruments and lenses. This treatment is known as vision therapy.

## 兒童視覺檢查包括甚麼呢？

在眼睛檢查當中，我們會採用一些特別的儀器為小童進行眼睛檢查。這些儀器使我們能夠為那些未懂閱讀、說話及回答問題的小童進行檢查，檢查範圍會包括屈光不正，雙眼協調和眼睛基本健康等。



## What is included in an eye examination?

We use special techniques to examine young children. We can test the vision of infants and other children too young to read, talk or answer questions. Specialized paediatric equipment are used to measure refractive errors, binocular vision, and ocular health status of young children.

