

# Why Do Babies Rub Eyes

And

# What To Do About It?

**Reason-** The baby is amazed by the visual stimulation of lights and patterns they see while rubbing the eyes.

**What you can do-** Try to distract them by showing a more interesting visual.



**Reason-** The baby is sleepy. Thus rubbing helps relieve the tension and fatigue from the eyes.

**What you can do-** Be mindful of the signs and help them fall asleep whenever they are tired and sleepy.

**Reason-** The eyes are dry. Hence they involuntarily rub them to stimulate tears and moisten the eyes.

**What you can do-** You may give them a warm compress over their eyelids to prevent drying or consult their pediatrician about any required diet change or lubricants.



**Reason-** There is something in their eyes that is causing itchiness and irritation.

**What you can do-** Examine the eye and wipe away the irritant using a cold, wet cotton ball.

## Reference:

1. Edoardo Villani MD and Paolo Nucci MD; Pediatric Dry Eye; American Academy Of Ophthalmology