



FOCUS ON YOUR CHILD'S EYE HEALTH

H A S
Y O U R
CHILD HAD
A FULL EYE
EXAMINATION?



DID YOU KNOW?

- Up to **1 million** children in the UK currently have an undetected vision problem
- Over **90%** of children visit a dentist regularly, whilst only **53%** of children have ever had an eye examination.
- **84%** of parents agree that improved vision would have a positive impact on their child's performance at school.

DOES MY CHILD HAVE A SIGHT PROBLEM?

Good eyesight is crucial to ensuring your child develops socially and at school. Children with a family history of eye problems are more at risk of developing squint and lazy eye. Signs which may indicate a problem with your child's sight include:



- Concentration issues
- Behavioural problems
- Headaches
- Sitting close to the TV
- Rubbing their eyes
- Reluctance reading
- Low grades in class
- Sensitivity to light

It's easy for us to neglect our eyes because they don't usually hurt, even when something is wrong. Many eye conditions do not display any symptoms and children are often unaware that their vision is not perfect. The eye is developing throughout early childhood so, if problems are treated early, it can make a life lasting difference. This is why it is so important to have your children's eyes tested regularly.

WHY REGULAR SIGHT TESTS ARE VITAL



All children aged under 16 (or under 19 if in full time education) are entitled to a free NHS sight test and an optical voucher to help with the cost of glasses or contact lenses.

FREE NHS SIGHT TESTS

HOW TO FIND YOUR NEAREST OPTOMETRIST:

- Seek a recommendation from family and friends
- Look in the Yellow Pages (Optometrist /Optician)
- Call NHS Direct on 0845 467 123
- Go to the NHS Choices website, select 'Opticians' from the Find Services section (www.nhs.uk)

**AN EYE EXAM SHOULD BE A NORMAL PART
OF YOUR CHILD'S HEALTHCARE –**

MAKE AN APPOINTMENT TODAY

