

What else can I do to look after my child's eyes?

- Get outdoors – regular play and exercise can help with eye health because it ensures the eyes get a good supply of oxygen. Studies show two hours of outdoor activity is ideal for healthy eyes.
- Eat healthily and keep hydrated.
- Protect your child's eyes from the sun – never let them look directly into the sun and always wear good quality sunglasses (they should always carry the 'CE' quality mark and the British Standard BS EN 1836:2005).



Children's Eye Health

What symptoms do I need to look out for in my children?

Many eye conditions do not display any symptoms and children are often unaware that their vision is not perfect, so it's important to have regular eye tests if you are concerned.

Did you know?

- Up to **1 million** children in the UK currently have an undetected vision problem.³
- Over **90%** of children visit a dentist regularly, whilst only **53%** of children have ever had an eye examination.⁴
- **84%** of parents agree that improved vision would have a positive impact on their child's performance at school.⁵

¹ Professor David Thomson, City University, London

² Johnson & Johnson Vision Care Survey 2009

³ Statistics provided by the Eyecare Trust and based on DCSF 2009 School Census 0-12 year olds

⁴ Johnson & Johnson Vision Care Survey 2009

⁵ Johnson & Johnson Vision Care Survey 2009



Does my child have eyesight problems?

Good eyesight is crucial to ensuring a child develops at school and socially to the best of their ability. Anyone can develop sight problems – but it is especially important to look after children's eyes. Research shows that around 20% of school-aged children¹ have an undiagnosed vision problem – that's one in five children.

How often do I need to visit the optician?

The UK National Screening Committee recommends screening at age four to five years. After the first test it is advisable to return every two years or as recommended by your optometrist (optician).



How do I find my nearest optometrist (optician)?

- In England, go to the NHS Choices website www.nhs.uk and select 'Opticians' from the 'Find services' section.
- In Scotland go to www.scotland.gov.uk and type in the search bar 'NHS Boards'.
- In Wales go to www.wales.nhs.uk and click on 'NHS Wales Directory'.
- In Northern Ireland go to www.hscni.net and click on 'Local Services'.
- Look in the Yellow Pages.
- Call NHS Direct: 0845 4647.

Vision matters

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 a child's sight include: difficulty concentrating, behavioural problems, headaches, sitting too close to the television, rubbing their eyes a lot.

Why regular sight tests are so vital

It's easy for us to neglect our eyes because they don't usually hurt when there is something wrong. The eye is still developing throughout childhood so if problems are treated early it can make a lifelong difference. 84% of British parents believe that good vision has a positive impact on their child's performance².

All children are entitled to a free NHS sight test and help with the cost of glasses

Children are entitled to a free NHS-funded sight test and an Optical Voucher. An Optical Voucher entitles you to help towards the cost of glasses or contact lenses. Further information is available at www.nhs.uk

