

## Worried about your child's eyesight?

Sometimes our children are born with eye issues that will be picked up soon after birth and you will have information and support from the start. Sometimes those issues emerge as our children get into their pre-school stage. You may notice a squint / wonky eyes or suspect that your child doesn't see as well as they should - they don't seem to react to things they should see and you'd expect a response, they hold books very close to their face or sit very close to the TV, computer or tablet. They might even get very frustrated because they can't see things clearly. When they start school or nursery they may struggle to complete writing and recording activities or appear to not be able to see things shown on a board or screen. And eyesight can change as our children become teenagers and young adults.

All children will get their eyesight checked as part of the free NHS checks at different ages including when they start school. - these are intended to ensure children don't slip through with unnoticed sight issues. But you don't need to wait for those - if you are worried you can get a free check done.

Getting a professional (optician/ optometrist/ophthalmologist) to look at your child's sight and check what they can and can't see is easy and free.

And the professionals can do sight tests even on children who can't yet read or don't know their alphabet - they get a different test which works for their age. And it even works if they have difficulties talking, following instructions or concentrating.

## How do I request an Eye Test?

Book an appointment with your high street optician.

Children with exceptional needs: Local opticians will usually have specially trained staff who can advise whether they can do a test given your child's needs - they should be able to meet the needs of most children and babies. If they cannot meet your child's needs, request a referral from your GP or the optician to a specialist service at the hospital.

## Costs

All eye test for under 16's are free as are any glasses which are prescribed.

Under 19's in full-education can still get a free NHS eye test and glasses.

Over 16 not in education may be entitled to free or reduced cost tests and glasses:

<https://www.nhs.uk/using-the-nhs/help-with-health-costs/free-nhs-eye-tests-and-optical-vouchers/>

## Where to find out more on website:

[www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk) and look under Useful Information