Getting new glasses - children

Glasses can help children to see clearly

Easy read factsheet

Every child should have an eye test at least every year

The person who tests your child’s eyes is called an optometrist. We will call them an optician in this factsheet

After your child's eye test the optician may say your child will need new glasses
Your child might need glasses to see things close to them:

Reading and writing

Eating

Using a computer, phone or tablet

Your child might need glasses to see things further away:

Watching TV

Watching someone signing

Going to the cinema or theatre

Moving around safely
Wearing the right glasses will help children see clearly

Some children need to wear glasses all the time or just sometimes

Your child’s optician will tell you why your child needs glasses

They will give you a prescription which tells you about your child’s eyesight

You can go to any optician to choose your child’s glasses

You need to take your child’s prescription and voucher with you to the optician

We have a form called – ‘The results of your child’s eye test’
You can ask the optician to fill this form in.
Go to www.seeability.org/your- childs-eye-test-results to get a copy
Your child may need 2 pairs of glasses

Glasses for seeing things close to them, and glasses for seeing things further away

To help you and your child remember which glasses are for which activities:

Your child could have different colour glasses

Your child could have different colour glasses cases

Your child could use stickers on the case to show what activities they are for. You could use the pictures at the end of this factsheet

There are different types of glasses to choose from

Bifocals or varifocals are glasses that have special lenses. The lenses will help your child see further away and close to them.

Your child can get glasses that help them see clearly that are also sunglasses. Some glasses have lenses that go dark when the sun is out.
There are lots of frames that are very strong or very thin or flexible. These frames might fit your child’s face better.

The optician will help you choose the right glasses for your child.

You may need to pay some money for your child's glasses.

Talk to the optician about the cost of your child's glasses.

You will be able to get a voucher that makes your child's glasses cheaper or free.

**The optician will make sure the glasses you have chosen fit your child.**

They will measure your child’s face to check the glasses fit well and will be comfortable.

It may take a week or more for them to make your child's new glasses.

After the glasses have been made they will need to be fitted.
It is important for your child to wear their new glasses

It helps them to see things more clearly. Tell people who support your child about why they need to wear them. They need to know what your child wears glasses for.

Write why your child wears glasses in their health action plan or personal records at home and at school.

Your child's glasses will help them see things more clearly

If your child used to sit close to the TV they may want to sit further back now.

If they used to look at things very closely they may be able to hold things further away now.
It might take time for your child to get used to wearing their new glasses

It is important that your child's glasses feel comfortable. If the glasses do not seem comfortable on your child’s face after wearing them for a while, they can be adjusted by the optician.

The glasses should rest on your child's nose and fit well over their ears. This means they can look through the middle of the lens.

If your child wears a hearing aid their glasses should fit comfortably over their ear and hearing aid.
Make sure your child can see through the clear lens of their glasses

It can be easy to notice when glasses do not fit properly

It might take your child some time to get used to wearing their new glasses

The world might look different too

Your child may have got used to things looking blurred or not clear before they got their glasses
Your child may need to practice wearing their new glasses

Your child can wear their new glasses when they are doing something they enjoy

Your child can wear their new glasses for a short amount of time at first

Your child can wear their glasses around the house or garden until they are used to how things look when they are wearing them

Your child should take their glasses out with them

They can take their glasses with them when they go out with friends, to school, college, shopping or other places

If your child has 2 pairs of glasses, they can carry the second pair in a glasses case in their bag
If your child uses a wheelchair

If their wheelchair has a head rest make sure that their glasses are comfortable and do not slip out of place as their head settles against their head rest.

You should make sure that the person who supports your child does not place them facing into bright sun. This could be very uncomfortable for your child.

For more easy read information about eye care and glasses go to: www.seeability.org/looking-after-your-eyes
Stickers for our glasses cases
You can cut out and stick these pictures in your glasses case to help you remember what your glasses are for

Glasses for seeing things closely

- photos
- reading
- cooking
- signing
- seeing faces
- computer
- watch
- sewing
- phone

Glasses for seeing things in the distance

- theatre
- cinema
- TV
- signs
- bus numbers
- travelling
- views
- watching sport
- lessons

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