

Wearing Glasses - children



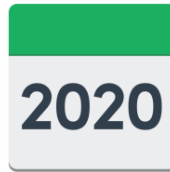
Glasses can help children to see clearly

SEE ABILITY
Extraordinary every day

Easy read factsheet



All children 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 an eye test the optician may say your child needs 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



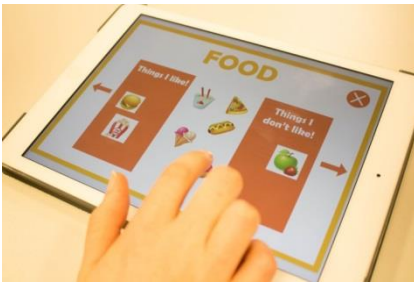
Watching someone signing



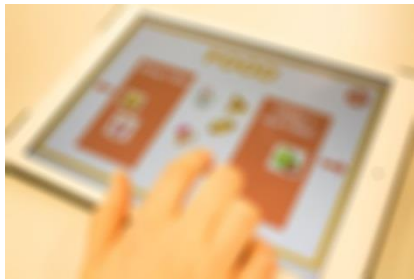
Going to the cinema or theatre



Moving around safely



Wearing the right glasses will help children see clearly



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

Prescription					
Name _____					
	SPH	CYL	AXIS	PRISM	ADD
R	-2.50	+2.00	80		+2.75
L	-2.50	+3.00	80		+2.75
Optician _____					
Date _____					

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

SEEABILITY The results of your child's eye test
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The information in this form will help everyone to understand your child's eye sight, eye health and their visual strengths and limitations. This form includes your child's glasses prescription, a copy should be kept with your child's health records and support plan in school.

Section 1 - Details of child
 Child's name and date of birth: _____

Section 2 - Dates of the eye test
 Date of this test: _____
 Recommended date of next test: _____

Section 3 - Additional detail about the eye test
 Where did the test take place and who was present? _____
 What was already known about eyes and vision? _____
 Did anyone have questions about eyes and vision? _____

Section 4 - Assessor
 Whom is this report from?
 Name: _____
 Role: _____
 Address: SeeAbility, New Plan House, 41 East Street, Epsom, KT17 1BL

Who is getting a copy of this report? Parents and school

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

You should talk to a dispensing optician who will help you choose the right glasses

It is important that your child wears their glasses

Tell people who help and support your child about their eyesight

They need to know what your child's glasses are for
You could write why your child wears glasses in their health action plan or personal records at home or school



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 your child's glasses fit well



They will measure your child's face to check the glasses fit well and are comfortable

It may take a week or more for them to make the new glasses

It can take time for your child to get used to their glasses



Your child may need to practice wearing them for a short time each day before they are happy to wear them all the time

They may need support from people to help them get used to their glasses

Your child can have a strap for their glasses



This stops their glasses falling off, getting lost or broken



You can ask the optician if you can have **your child's name** put on the glasses frame



You should help your child to keep their glasses clean

Your child should clean their glasses gently with the cloth in the glasses case every day or when you see they are dirty

If your child's glasses get very dirty

Wash them carefully in warm soapy water then dry them with a glasses cloth



Use the glasses case

When your child takes their glasses off, keep them safe in the glasses case so they don't get scratched or broken



Tell your optician if your child's glasses don't fit, are broken or uncomfortable



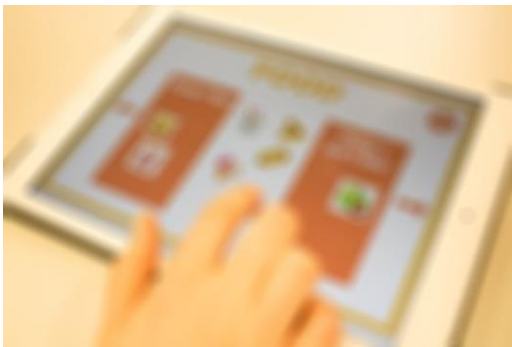
Your child's glasses can become loose, slip down their nose, or even fall off their face



You can take the glasses back to the optician if they are uncomfortable or you need to get them fixed

An optician will often do small repairs for free

Your child's eyesight can change



If you find that your child can't see as well, things are blurred or they are screwing their eyes up to see with their glasses on, their eyesight may have changed



It is important to book another eye test. It might be time to get new glasses

How to be eye care aware

Eye Care is important for people with learning disabilities

ABILITY
Established every day

Easy read factsheet

 People with learning disabilities are more likely to have eye sight problems than other people

 Eye tests are the best way of making sure your eyes are okay

 Lots of people with learning disabilities are not having the eye tests they need

 Talk to your supporter if you need more help

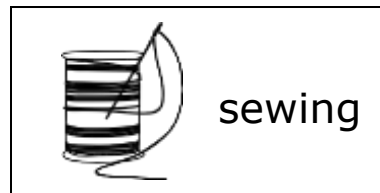
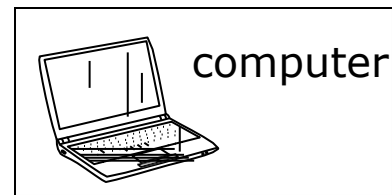
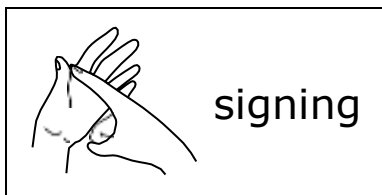
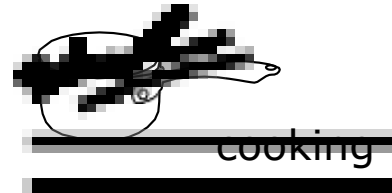
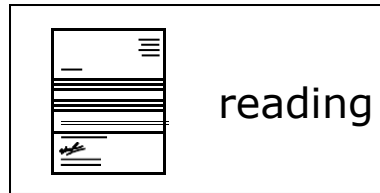
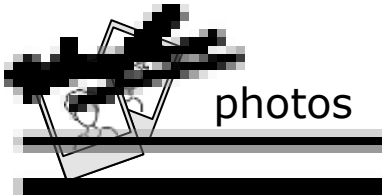
 Have an eye test every 2 years or more often if the optician tells you to

For more easy read information about eye care and glasses go to: www.seeability.org/looking-after-your-eyes

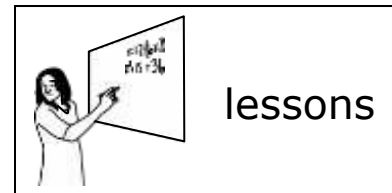
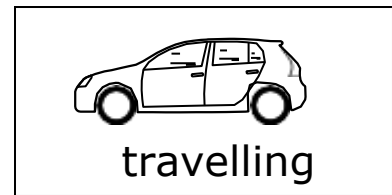
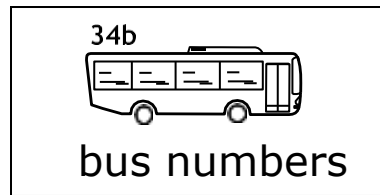
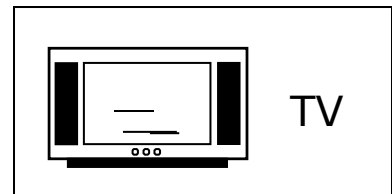
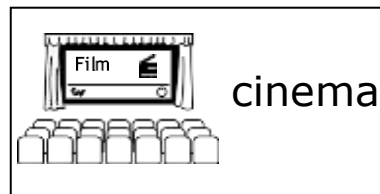
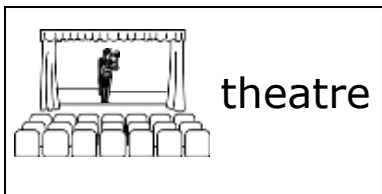
Stickers for our glasses cases

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



Glasses for seeing things in the distance



SEE ABILITY



www.seeability.org



Facebook: [Facebook.com/RSB.seeability](https://www.facebook.com/RSB.seeability)



Twitter: @seeability



Youtube: www.youtube.com/SeeAbilityFilms



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