Wearing Glasses - children

Glasses can help children to see clearly

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

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
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.

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