

## How to book a sight test

Simply arrange a convenient appointment with your local optometrist. There is no need to register and all local optometrists offer NHS services. To find your nearest optometrist, go to: [www.nhs.uk/service-search](http://www.nhs.uk/service-search) and enter "opticians" and your postcode.

## Younger siblings?

It is important to ensure all your children have a sight test. Optometrists can use a range of tests for young children, including pictures and tests that do not need your child to answer questions. Your child does not need to be able to read to take part.

We recommend routine visits to the optometrist from around 3 years of age. However, a younger child can have a check if you have any concerns.

Detecting and treating any eye problems early improves the chance of your child having good vision throughout life.

## Eye health advice

Remember, your local optometrist does more than a simple check for glasses. They are able to offer advice on all aspects of eye health. If you have any concerns, ask an optometrist!

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Information about sight tests and how to book a sight test for children

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This year your child will probably be working hard towards preparing for high school. It is hard to do well at school if your child has a problem with their eyes.

Good eyesight is essential to make sure a child develops to their full potential both at school and socially.

A sight test is the best way to detect any eye problems early. If treated, it can make a lasting difference to your child's life.



## How do I know if my child has an eye problem?

Whilst some children may complain of blurry vision or headaches, many do not realise their sight is different to their friends.

Some eye conditions may not display any signs or symptoms, especially if only one eye is affected. The best way to know for sure is to take your child for a sight test at your local optometrist.

## Growing means changing eyesight

There is an increased likelihood of children developing short sight (difficulty seeing far away) between 9 and 12 years of age.

Children already wearing glasses are likely to find their prescription changing. Others may develop the need for glasses for the first time.

## What is a sight test?

A sight test is a comprehensive eye health check which can pick up many conditions, including those affecting colour vision, 3D vision, and whether glasses are needed.

You can watch a child having his sight tested by following this link:-

<http://lookafteryoureyes.org/eye-care/children/getting-my-eyes-tested/>

Taking children for regular sight tests builds good eye health for the future. At the end of the sight test the optometrist will explain any findings and let you know when another test is needed.

## NHS Funding

The NHS funds all sight tests for children under 16 and provides an optical voucher to help towards the cost of glasses or contact lenses, if necessary.

