

Has your child had their eyes tested yet?



This leaflet provides important information on looking after your child's eyes and booking an eye test for children

Children in North Yorkshire should visit an optician for a free eye test

When should you get your child a free eye test?

Ideally children should start having regular eye tests from the age of 4. But they can be tested at any age, even if they can't read or speak.

How do you book a free child's eye test?

Please book your child an eye test at an opticians, even if you have no concerns about their vision. To do this contact your local opticians - use this link for local practices [Find an optician - NHS](#).

What will it cost?

Children under 16 are entitled to NHS-funded (FREE) eye tests. If your child needs glasses, they will receive a voucher to **help with the cost**.

Why should you get your child's eyes tested?

- ✓ Being able to see clearly will mean your child is able to learn and develop at school and socially.
- ✓ Eyes are still developing in early childhood. An eye test helps pick up and treat any problems. This can help to **prevent** longer-term eye problems.
- ✓ Even if you think your child has normal vision it is still important to get their eyes tested.
- ✓ They are no longer tested in school.

How can you tell if your child has an eye problem?

Some eye problems don't show any signs, so it is always best to **take your child for an eye test**.

Signs of a possible eye problem can include:

- having one eye that turns in or out
- difficulty concentrating
- behavioural problems
- headaches
- rubbing their eyes a lot
- sitting too close to the TV
- screwing up/closing one or both eyes
- holding things close to them



An eye test is very **important** especially if there's a **history** of early glasses use, childhood **eye problems**, **squint** or **lazy eye**, in your family.

Did you know?

Short-sightedness is on the rise and has been linked to a range of factors including **screen use**. Help your child's eyes stay healthy by **managing screen use** and encouraging them to **get outside often** (this helps their eyesight).

More Information:

- NHS information: [nhs.uk/conditions/eye-tests-in-children/](https://www.nhs.uk/conditions/eye-tests-in-children/)
- Find an optician: **Find an optician - NHS**
- Information on Vision/Eye tests **Humber and North Yorkshire ICB**
- Information on Vision/Eye tests for families in **Craven, West Yorkshire ICB**
- Looking After Your Children's Eyes - **College of Optometrists**
- Children's eye health - **Association of Optometrists**