



Optometry Department

Children's Glasses **Frequently asked questions**

Information for parents and carers.

Following your child's eye assessment, it has been found that they require glasses. We hope this information leaflet helps to answer your questions.

What is Hypermetropia (Long Sightedness)?

Long sight is usually caused by the eye being too small so that light entering the eye is focused behind the back of the eye (retina). Children who are longsighted can struggle to see at near and distance clearly. Some children can over-focus to try to compensate for this problem, which can cause a squint (where the eye turns in) or eyestrain.

What is Myopia (Short Sightedness)?

Short sight is commonly caused by the eye being too big. Light entering the eye focusses in front of the retina and this makes distance vision blurred. The near vision is usually clear.

What is Astigmatism?

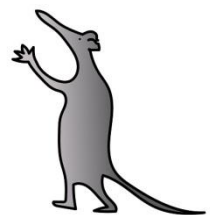
Astigmatism is commonly due to the front of the eye (cornea) being an irregular shape. This is often known as a 'rugby ball shaped eye'. Light is not focused clearly on the retina, and this can make the vision blurred at all distances. This can occur with myopia (short sight) or hypermetropia (long sight).

Are glasses free for children?

Children under 16 and under 19 in full time education receive a voucher towards the cost of glasses. Most opticians have a range of glasses where the total cost is covered by the voucher, however you can pay extra towards other glasses of your choice.

Where do I get glasses from?

Any registered dispensing optician or optometrist can dispense glasses for children. You will need to take your child with you so that the optician can advise you on the best fitting frames.



When should my child wear their glasses?

Usually, the glasses are to be worn full time, unless the eye clinic has told you otherwise. It is helpful to mention to your child's school or nursery that glasses should be worn.

What happens if the glasses are lost or broken?

Return to the opticians where glasses were supplied, they can issue a repair voucher towards the cost of repairs or replacement.

Can I get a spare pair of glasses?

Hospital eye clinics provide a voucher towards the cost of one pair of glasses, as per national guidelines. You can purchase spare pairs from your optician using the glasses prescription (white copy). In exceptional circumstances, hospital eye clinics provide a voucher for a second pair. Please contact the eye clinic, if you would like to apply for an additional pair of glasses.

Can my child have prescription sunglasses?

The NHS is unable to provide a voucher for prescription sunglasses unless they are 'clinically necessary'. However, a pair of prescription sunglasses can be bought privately from your own optician.

Encouraging your child to wear their glasses

- With the help of your local optician ensure the initial frame is the correct size, comfortable and fits your child's face.
- A good fitting pair of glasses encourages your child to look through the lenses rather than over the top of their glasses.
- If your child is not wearing glasses full time, choose an activity that your child enjoys doing and encourage them to wear their glasses for this.
- A reward chart can be helpful to encourage daily glasses wear.

It can take a few weeks for your child to adapt to their glasses. Their world may appear different to them with their new glasses, and this can take some time to adjust to. Some children don't like objects near or on their face, however once they adapt to the glasses, they will be happy to wear them.

For further information

If you have any queries or would like further information, please contact:

Pathway Co-ordinators on 0151 282 2961/2839

Please let us know if you change address or telephone number.



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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