

# Kids Go Free!

**All children aged under 16 and those up to 19 years and still in full-time education are entitled to sight tests paid for by the NHS.**



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**NATIONAL EYE  
HEALTH WEEK**

MONDAY 19 – SUNDAY 25 SEPTEMBER 2016

**YOUR VISION MATTERS**

Children are never too young to have their sight tested and youngsters should have their eyes checked once every two years unless advised otherwise by their optician.

Early detection means common childhood sight conditions such as a squint and amblyopia can be treated more easily.

Good vision during a child's early years can also help them fulfil their academic potential.

However, it's estimated one in five school-aged children has an undetected vision problem that could restrict their ability to learn, read, write and spell.

Tell-tale signs your child could have a problem include:

## **Pre-schoolers**

- Tend to bump into objects
- Have red eyes or lids
- Have excessive tearing
- Avoid colouring, puzzles and detailed activity

- Has difficulty with eye-hand-body co-ordination
- Rub eyes frequently

## **School-age children**

- Lose place while reading
- Have headaches and tend to rub eyes frequently
- Avoid close work
- Has poor handwriting
- Hold reading material close
- Red, sore or irritated eyes

Under the NHS an eye examination is available free of charge for all children up to the age of 16, and up to the age of 19 if they are in full-time education.

Parents are also entitled to a voucher towards the cost of any glasses or contact lenses prescribed for their child.

**For more advice and information about caring for your child's eyesight visit [www.visionmatters.org.uk](http://www.visionmatters.org.uk) or follow @MyVisionMatters**