

**YOUR
VISION
MATTERS**

YOUR CHILD'S EYESIGHT



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**NATIONAL EYE
HEALTH WEEK**
MONDAY 21 – SUNDAY 27 SEPTEMBER 2020
YOUR VISION MATTERS

CARING FOR YOUNG EYES

Your child's sight is precious. Good vision helps them to learn, play and communicate with the world around them.

Yet, there are more than a million children in the UK with undetected vision problems.*

Children's eyes continue to develop until they reach the age of eight, so caring for a child's eyes in the early years can help lay the foundations for good vision that lasts a lifetime.

There are some simple things that you can do to help keep kids' eyes healthy.

Essential eye checks

Having regular sight tests – every two years, unless advised otherwise by your optometrist, is a great place to start.

Sight tests will ensure any problems such as childhood conditions like squint and amblyopia (lazy eye) or myopia (short-sightedness) are picked up early.

Generally, the sooner problems are identified the better the treatment outcome.

Remember sight tests are free on the NHS for all children under 16 years.

Eat a rainbow

Eating a rainbow of colourful fruit and vegetables helps ensure young eyes get the nutrients they need to grow healthily.

Foods like tomatoes, grapes and blueberries as well as fish, eggs and whole grains are packed with eye-friendly nutrients.

Go out and play

There is emerging evidence that spending two hours or more a day outdoors can reduce the risk of myopia, even if there is a family history of the condition.

Be safe in the sun

It's also really important to protect your eyes from the sun.

When you're young the lens at the front of your eye is really clear and lets more of the damaging sunlight in.

So slip a pair of sunglasses whenever the UV Index rises to three or more.

Check the sunglasses have a CE, BS or UV 400 mark to ensure they provide adequate UV protection.

*SOURCE: EYE HEALTH UK

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