



Children's glasses

It has been suggested that your child needs to wear glasses. This leaflet answers some of the common questions parents ask.

Why does my child need glasses?

- Glasses are issued to improve your child's eyesight and/or to help reduce the size of a squint. Children need to see clearly for vision to develop normally within the visual cortex of the brain, which occurs from birth until around 8 years of age.

Where do I get the glasses?

- Please take the prescription and your child to an optician. The optician should advise on suitable frames and measure your child for the correct size.
- It is important that glasses fit comfortably so you need to take your child along when the glasses are ready so that any final fitting adjustments can be made.
- Spare pairs of glasses are issued only in exceptional circumstances, there is not an automatic entitlement. Tinted lenses are only given if clinically necessary for specific eye conditions.

Can I choose the style of glasses?

- Yes. Your voucher entitles you to a certain value dependent on the size of the prescription – your optician should have a selection of frames within this price range and can advise you on a suitable style – you will need to pay any additional cost if you choose a frame from outside of this price range.
- Glasses with a low bridge over the nose stop glasses falling down little noses. Spring-hinged sides are stronger and need repairing and adjusting less often.

Should my child wear glasses all day?

- In most cases, yes, as it will improve vision more quickly.
- Try to put the glasses on as part of the morning routine.
- Children are safer if they can see clearly, so unless you are told otherwise, only take them off for very rough and tumble games.

My child says they cannot see any better than before...

- Improvement in your child's vision may not happen immediately – it may take some time so do not worry if the glasses do not make a big difference at first.

How do I take care of the glasses?

- Keep them clean.
- When they are taken off always put them in the case or place them down with the lenses facing upwards to avoid scratches.
- It is important that they do not get very bent or tilted out of alignment.

What happens if the glasses get broken?

Accidents happen! You should not have to pay for repairs. In the first instance, take the glasses for repair to the optician who made them for you. They have NHS forms in store called GOS4 that will allow them to claim the cost of a repair or replacement.

Finally...

Do not anticipate problems in getting your child to wear glasses. They may well surprise you! Most children settle into wearing glasses easily and appreciate that life is clearer and more comfortable with them on. In practice children rarely get teased – most nurseries and school classes will have a few children wearing glasses. A positive attitude will help your child make this adjustment as quickly as possible.

Contact us

If you have any questions please call the Orthoptic Department on 0118 322 7681 Monday to Friday between 8.30am and 4.30pm.

Email rbb-tr.orthopticsreading@nhs.net

Orthoptic Department
Level 2 Eye Block
Royal Berkshire Hospital

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Orthoptic Department, October 2023

Next review due: October 2025