

Children's glasses

It has been suggested that your child needs to wear glasses. These are a few of the common questions parents ask.

Why does my child need glasses?

- Glasses are ordered 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.

Where do I get the glasses?

- 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 adjustments can be made.
- Spare pairs of glasses are issued if the eye clinic feels it is necessary, there is not an automatic entitlement. Tinted lenses are given only for specific eye conditions.

Can I choose the style of glasses?

- Yes. Your voucher entitles you to glasses up to a set value – your optician should have a selection of frames in this price range and advise you on style of frames – you will need to pay any additional costs if you choose frames outside 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 lens upwards to avoid scratches.
- It is important that they do not get very bent or tilted.

What happens if the glasses get broken?

Accidents happen! You should not have to pay for repairs. Firstly, take the glasses for repair to the optician who made them. If you need a repeat prescription - contact the orthoptic department on 0118 322 7681.

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. 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.

If you have any questions please ring 0118 322 7683 or 0118 322 7681
Monday to Friday between 8.30am and 4.30pm.

Where can I get more information?

To find out more information about the Trust, visit our website
www.royalberkshire.nhs.uk

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This document can be made available in other languages and formats upon request.

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