

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 help reduce the size of a squint. Children need to see clearly for their vision to develop normally.

What are long sight, short sight and astigmatism?

Long sight is caused by the eye being too small - rays of light entering the eye focus behind the retina instead of on the retina. Long-sighted children may not see clearly for close vision and far distance.



Short sight is caused by the eye being too large – rays of light entering the eye focus in front of the retina instead of on the retina. Short sighted children may not see clearly for near and distance vision, but they tend to have more difficulty seeing for the far distance.

Astigmatism – In addition to being long or short sighted, your child's eyes may be an irregular shape, which affects vision at all distances

Where do I get the glasses?

Take the prescription and your child to an optician. The optician should advise on suitable glasses frames and measure your child for the correct size.

When the glasses are ready for collection it is important that you take your child with you to have them fitted comfortably.

The eye clinic does not routinely give a voucher for spare pairs of glasses or tinted lenses (sunglasses).

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 the price range.

Should my child wear glasses all day?

In most cases, yes, because 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 the glasses off for very rough and tumble play.

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The glasses look very strong!

The glasses prescribed are specific to your child's eyes. If you have glasses for a different condition or do not wear glasses, they will look odd to you. The glasses will be the correct strength to help your child achieve the best possible vision.

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

This is very common in the early stages of wearing glasses, also if there has been a recent change in strength of the lenses. Your child may have been struggling with reduced vision for some time and now the brain and the eyes have to learn to work together with the help of the new glasses.

It can take some time for children to adapt to the glasses, so please encourage your child and persevere - this is a very important stage of treatment. However, if the problem persists please contact the Orthoptic Department for advice.

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.
- Children's glasses can frequently get damaged and bent out of shape, which can make them uncomfortable to wear. If the glasses appear to be bent or fitting poorly, take your child and the glasses back to the optician.

How often will my child need a refraction (glasses check)?

Whilst your child is a registered patient with the hospital he/she will usually require a glasses check once a year to update their lenses. However, you will continue to see the Orthoptist regularly.

What do we do if the glasses are broken or need replacing?

If your child's glasses get broken or lost please contact the optician who provided the glasses to organise repair or replacement.

If you have any other questions, feel free to discuss these with the Orthoptist at your appointment or tel. 01423 553452

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.