

Free NHS eye tests for school starters

Calling all parents and carers. Do you have a child starting school this year? Remember to get their eyes tested before they start.

All children can get free NHS eye tests up to the age of 16, or if they are aged 16, 17 or 18 and in full-time education.

A child does not have to be able to read for their vision to be checked.

It's important to remember that not all children will show signs of having a vision problem. However, there are some signs that could indicate that a child may have a vision problem.

These include:

- They have headaches or eyestrain
- They complain of blurred vision
- They are falling behind with their schoolwork / studies
- They have attention / concentration issues
- They have issues with hand eye coordination
- They're unusually clumsy
- They have siblings or family members who wear glasses or have eye problems
- They may appear upset or angry at a particular task, pushing it away

Not all children will show signs of vision problems, so without regular tests there is a risk an eyesight issue may not be spotted.

To find your nearest optician please visit: www.nhs.uk/service-search/find-an-optician

