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12 May 2025

Dear Parent / Carer

Looking after your child's eyesight

Checking vision (eyesight) in children is very important especially for their learning and development, therefore it is beneficial to test **all** children's vision, especially at the beginning of fulltime education (reception) to help identify any children with reduced vision (amblyopia) or any significant vision loss; and offer treatment in a timely manner in order to reduce the risk of permanent visual impairment.

Possible signs of eye problems in children include:

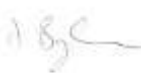
- Sitting too close to the TV
- Rubbing eyes a lot
- Holding objects very close to the face
- Blinking a lot
- Eyes not looking in the same direction (squint)
- Getting headaches
- Struggling with hand eye co-ordination e.g. being more clumsy than usual

Tips for looking after children's eyesight include:

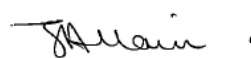
- Get screens in the right position, e.g. have your computer screen at eye level
- Don't sit too close to screens, have them about an arm's length away
- Take regular breaks from staring at the TV screen or other devices e.g. iPad
- Try to get as much time playing outdoors as possible
- Try not to watch films on a small screen e.g. a phone as staring at a small screen for a long time can strain your eyes
- Don't watch any type of screen in a dark room

All children under 16; or under 19 AND in fulltime education are entitled to a FREE NHS eye test.

We recommend that parents/carers take their children to visit their local optician. Please click the link to find your nearest opticians <https://www.nhs.uk/nhs-services/opticians/>



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Jackie Allain
Director of Operations, Central London Community Health