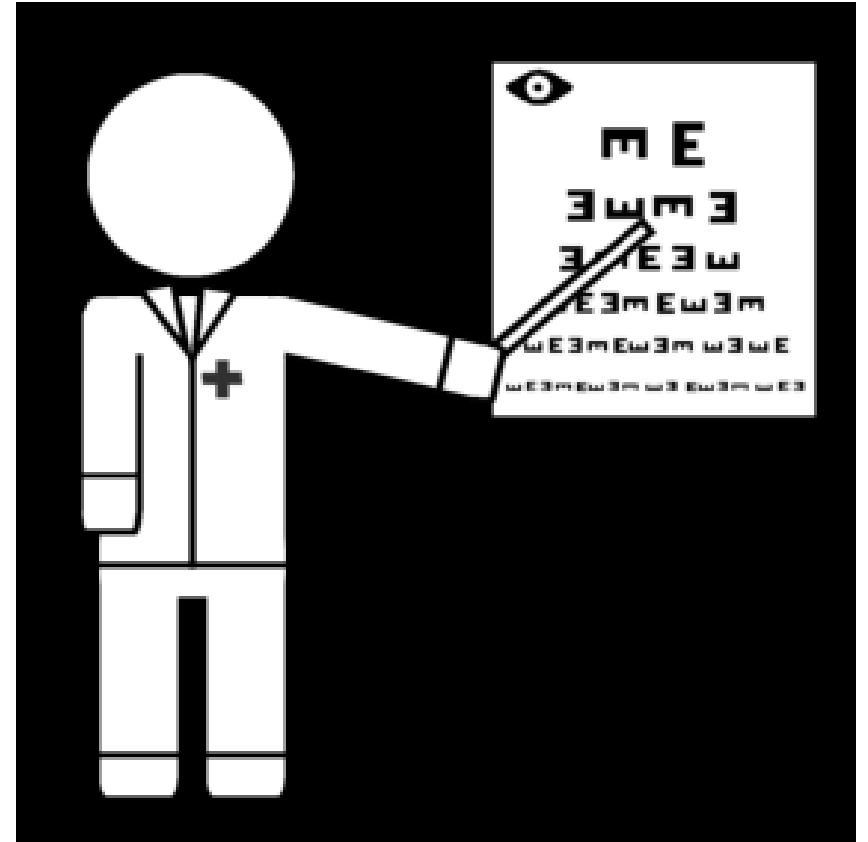


SIGNS TO LOOK FOR THAT MAY SUGGEST A CHILD NEEDS TO VISIT THEIR OPTICIAN



DERBYSHIRE LOCAL OFFER VISION IMPAIRMENT

[Derbyshire Local Offer – Childrens Services Vision Impairment](#)

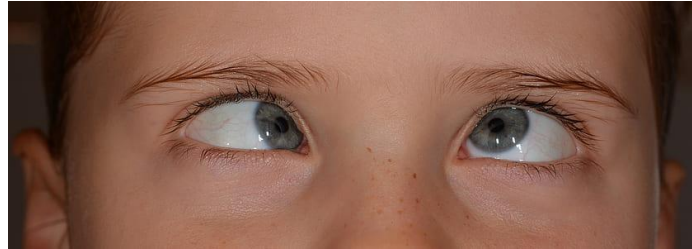


SCHOOL AGED EYE-TESTING

- School aged eye-testing was usually offered for every 4-year-old across the country before they started school.
- However, this service is limited and not offered in most parts of Derbyshire
- Therefore, eye difficulties are not being picked up until a later age.
- **How can you help?**



SIGNS TO LOOK FOR THAT A CHILD MAY NEED AN EYE TEST



One or both eyes turning (inwards, outwards, up or down) even if intermittently. Your child may have a muscle imbalance which can be treated by exercises, or they may have strabismus (squint) which can require spectacles, exercises, patching or operation. If treatment is given as soon as it is noticed the potential to have good vision in both eyes is good.

White pupil. It is often seen as the absence of a red reflex in a photograph.

Difficulty reading. Can be caused by poor sight (often being too long-sighted).

Eye muscle problems or uneven vision in the two eyes (amblyopia) all of which can be treated and improved.

Clumsiness. Falling over or bumping into things are often caused by poor sight.



SIGNS TO LOOK FOR THAT A CHILD MAY NEED AN EYE TEST

Shyness or Rudeness. Short-sighted people are often accused of 'blinking' people. Usually, this is because they cannot see who a person is from a distance and facial expressions can be difficult to interpret if they are blurry so a child with visual difficulties may avoid eye contact and appear slow to respond to visual cues.

Lack of interest in specific tasks. If a child is very long sighted, reading, close work, and puzzles are taxing for the eyes so a child may avoid these activities. Equally, for a short-sighted child, the outside world may appear blurry and scary leading to clinginess and fear of bigger spaces.

Headaches. One of the more well-known symptoms of eye strain. Eyesight related headaches tend to be frontal or migraine in nature, but all headaches should be investigated by an eye examination to rule out other causes.

Rubbing eyes. Tired eyes from the strain of seeing are often subject to being rubbed or poked.

SIGNS TO LOOK FOR THAT A CHILD MAY NEED AN EYE TEST

Poor behaviour and concentration at school. When your child can't see, it can make reading from the board difficult or concentrating on near tasks a strain. It is therefore often common for children who can't see well to misbehave or become easily distracted in class or at home.

Delayed development in reading and speech. If your child can't see well, it can make it very difficult to differentiate between words and pictures in books as well as viewing objects being pointed out. Therefore, speech development can also be delayed.

Poor coordination. Catching or hitting a ball can be tricky if your child has poor vision in one eye or a muscle imbalance. The child may overstep or seem hesitant at steps. Your child maybe a little reluctant to move between rooms, or changes in surfaces.

Itchy, gritty, red eyes or scaly eyelids. Children can suffer from some allergies, infections and skin conditions that can cause discomfort and sometimes blurring to their sight.

[Optometrists.co.uk – 12 signs your child needs and eye test now](https://www.optometrists.co.uk/news/latest-news/12-signs-your-child-needs-an-eye-test-now/)

(<https://www.optometrists.co.uk/news/latest-news/12-signs-your-child-needs-an-eye-test-now/>)



WHAT IS INVOLVED IN AN EYE TEST?

SPECSAVERS' KIDS | KID'S EYE TESTS

<https://www.youtube.com/watch?v=JuX4HOO15RE>



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WHAT SHOULD YOU DO?

- Observe the child both out at play/PE and in class.
- Notice any of the symptoms mentioned in the power-point
- Ask parents/carers if they have noticed anything?
- Discuss with SENDCO, other members of staff, lunchtime supervisors
- Advise that parents/carers make a visit to their local Opticians



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ANY FURTHER QUESTIONS?



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Contact Vision Impairment Team:

Email: claire.cotton@derbyshire.gov.uk

Website:

[Derbyshire Local Offer – Childrens Services Vision Impairment](#)