



Looking after your child's health is an important element of being a parent, yet when it comes to your child's eye health many families are seemingly in the dark.

Here are some eye-opening points about children's eyecare that we want all parents to know:

- Children need more frequent eye tests as their vision develops quicker as they grow. Every six months is recommended.
- Children's eyesight is fully developed at age eight, but can be examined at a much younger age - well before they can read.
- Only 10% of parents know if their child's school offers a vision screening programme.
- All eye tests are completely free to those under 19 in full time education.
- We have a special interest in the eyecare of Babies, Infants and young children.
- A comprehensive range of spectacles, sports glasses and sunglasses in stock.
- Students in further education may qualify for financial help for eye tests and to buy glasses or contact lenses.
- Children spend more time outside, and like skin, their eyes need protection from UV rays with the use of sunglasses.



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C4 Sightcare have a proud tradition of catering for children of all ages when it comes to eye care.

free
kids
eye tests

To arrange an eye examination, please contact us on

Newcastle - Tel. 0191 232 1002
Morpeth - Tel. 01670 518 612
RVI Tel. - 0191 282 0252

Children Eyecare

SPECIAL FEATURE

Parents often take their children for a dental examination at a very early age yet fail to consult an expert for an in-depth eye examination.

Kids Go Free

They instead rely on the simple and infrequent screening carried out by health visitors or community orthoptists, but our optometrist can look beyond these basic procedures.

Our optometrist can check the health of your child's eyes and can measure the focusing characteristics to make sure there are no obstacles to sight developing well in both eyes. Your child's eyesight is precious and any problem can cause an enormous setback to their education. School can be very demanding on their eyes. Pupils look at black boards, study text books and increasingly stare at computer screens so good vision is essential. Many defects such as short sightedness, a squint or astigmatism can be inherited, but only a full eye examination can pick them up. Why not let us look after your whole family?

The sooner the better

Critical visual development takes place in children earlier than most parents imagine - between 18 months and three years of age. During this time, good sight and eye co-ordination are consolidated and it is also when squints and lazy eyes become ingrained.

Treating these problems should start during or even earlier than this important age. Some specialists recommend that parents bring their children for regular checks from the age of six months or even earlier if anyone in the family has a squint or a lazy eye.

The eye examination

There are various ways of measuring how well a youngster can see using the matching of pictures and shapes. Important focusing measurements can be taken by shining a special light at the child's eyes. This needs no more co-operation from them than looking steadily in one direction for a few seconds.

Most children find the eye examination quite enjoyable and are usually much less anxious about it than their parents! A popular misconception is that a child has to be old enough to name letters, but waiting until then can be a long time after the important 18 months to three year age group.

By establishing a routine of regular eye examinations for your child from an early age, you could stop a sight defect from being carried through into adulthood and you will encourage a good habit that could last them for the rest of their life.



Minnie

