

Sight tests for children are **FREE!**

Short-sightedness is increasing, globally and in the UK. It is now twice as common as in the 1950s and children are becoming short-sighted at an earlier age.

- **Over 20% of parents have never taken their child for an eye test**
- **It is also more common in children whose parents are short-sighted.**



“We are so grateful that Elsie’s vision was checked at school when she was in reception”

Children from South Asian and African Caribbean families also have a higher risk of developing short-sightedness.

The increase in close work such as reading, computers, small screens and spending less time outside has likely driven the rise in short-sightedness (myopia).

The College of Optometrists therefore recommend that children, particularly those aged 5 to 12:

- **Limit screen time**
- **Spend at least 2 hours every day outside**
- **Have regular sight tests**
- **When on the screen or reading - hold the device or book at least 30cm from the face**

The only way to prevent myopia from getting worse is with corrective lenses.

Public Health



This year the public health department of Wandsworth Council will be encouraging schools to take part in termly “**Disconnect to Reconnect**” weeks in schools.

Please join us!

During these weeks schools will be encouraging pupils **and parents** to consciously turn off their phones, iPads, and other devices and engage instead in activities that foster connection.

The next Disconnect to Reconnect weeks are:

- 10th to 14th March 2025
- 9th to 13th June 2025

School Vision Screening Service

Wandsworth schools offer Vision Screening in Reception Year. This ensures reduced vision can be identified and treated before vision is fully developed. Children found to have reduced vision are referred to either a local optician or hospital for further assessment.

If your child missed out on this service, please take them for an eye check up with your local optician.



Find out more, scan the QR or visit:
gov.uk/government/publications/child-vision-screening-information-for-parents



Moorfields
Eye Hospital
NHS Foundation Trust

