

Wearing glasses well

What does this mean?

Glasses are prescribed for children to improve vision and to help them function better in their environment. Reasons why glasses may be needed are:

- due to refractive errors – this is when the shape of a person’s eye prevents it from focusing correctly ie myopia (short sight), hypermetropia (long sight) or astigmatism (when the eyeball has an irregular cone shape)
- for strabismus – to help straighten eyes that look outwards or inwards
- to help strengthen a weaker “lazy” eye
- to protect one eye if the child has poor vision or no vision in the other eye
- sunglasses, tinted lenses or reactolite lenses may be prescribed if a child has difficulty in bright light or sunlight

Implications for Learning

- Children should wear glasses if prescribed to help with their learning
- Glasses can correct refractive errors but they will not correct all vision impairments and children may still have reduced vision even if they wear glasses



Ways to help

- Teach the child to clean their glasses daily with a soft cloth.
- Usually a child will see the benefit of being able to see the world clearer through glasses. However, if he/she is reluctant to wear them try setting up a reward system and find activities that the child will feel happier or more relaxed doing, when wearing them.
- Follow advice from your child’s VI Teacher.
- NHS gives vouchers towards glasses. The value depends on the strength and type of lenses needed, ranging from £39.10 to £215.50.
- Often having two pairs of glasses is useful in case one pair is lost or damaged.
- Regarding glasses styles, discuss with the opticians about headbands and stem clips to help the child to keep the glasses on their heads.

Other resources:

www.berkshiresensoryconsortium.co.uk

<https://www.nhs.uk/using-the-nhs/help-with-health-costs/nhs-voucher-values-for-glasses-and-lenses/>

Related sheets:

Amyloopia/Squint/Lazy Eye/ Patching

Visual Acuity