



Is your child in Reception or Year 1? Have they had their eyes and hearing tested?



Children usually have hearing and vision tests in Reception. For some children this was interrupted by Covid-19.

While we're waiting to restart vision and hearing screening here are some tips:

What are the signs of possible eye problems?



- sitting too close to the TV or always wanting to watch TV in the dark
- 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

If you have concerns about your child's eyes or vision speak to your GP or go to an opticians

Check what happens when you cover one eye at a time:

- Look at a street sign in the distance (**about 3 meters away**) cover one eye, can they still see the letters clearly?
- Now check the other eye. What happens when you cover that eye?
- If your child already has glasses keep them on

If you have any concerns you can book an eye test with your local optician. Opticians are still open and **eye tests are free for children under 16**

What are the signs of possible hearing problems?

- watching TV at a loud volume
- talking loudly
- not responding when called
- poor concentration
- not being able to tell where a sound is coming from
- mispronouncing words
- a slow down of their progress at school



If you are worried speak to your GP

Can it wait until they are older?

The sooner a problem is found, the sooner you can get treatment and support for your child's development and education.

Children can have hearing and vision checks at any age, they don't need to be able to read.

The vision check looks out for conditions like lazy eye (amblyopia). About **1 in 50** children develop a lazy eye but it's easy to miss without an eye test.

If you have a family history of childhood eye problems it's important for your child to have their eyesight checked

7 top tips for looking after your children's eye sight during lockdown:



1. Get screens in the right position, have your **screen at eye level**
2. **Don't sit too close** to screens, have them about an arms length away
3. Take **regular breaks** from staring at the screen
4. Try to get as much time **playing outdoors** as possible
5. Try not to watch films on a small screen e.g. a phone, staring at a small screen for a long time can strain your eyes
6. Don't watch screens in a dark room
7. If you have concerns go to the optician, talk to your GP or talk to your school nursing team - they are there to help

Are you ready for school to open again?

Is your child up to date with immunisations?

Contact your GP to book an appointment for pre-school boosters and other immunisations

If you have been sent one, make sure you have returned your health questionnaire to your school nurse. School nurses are there if you want to talk through concerns

Useful links: [NHS page on eye tests for children](#)

[Information for parents on eye screening from Healthier Together](#)

[NHS page on hearing test for children](#)

[Tips on Winter eye health from the College of Optometrists](#)

[NHS Find an Optician search](#)