



Short Sight (Myopia) and Glasses

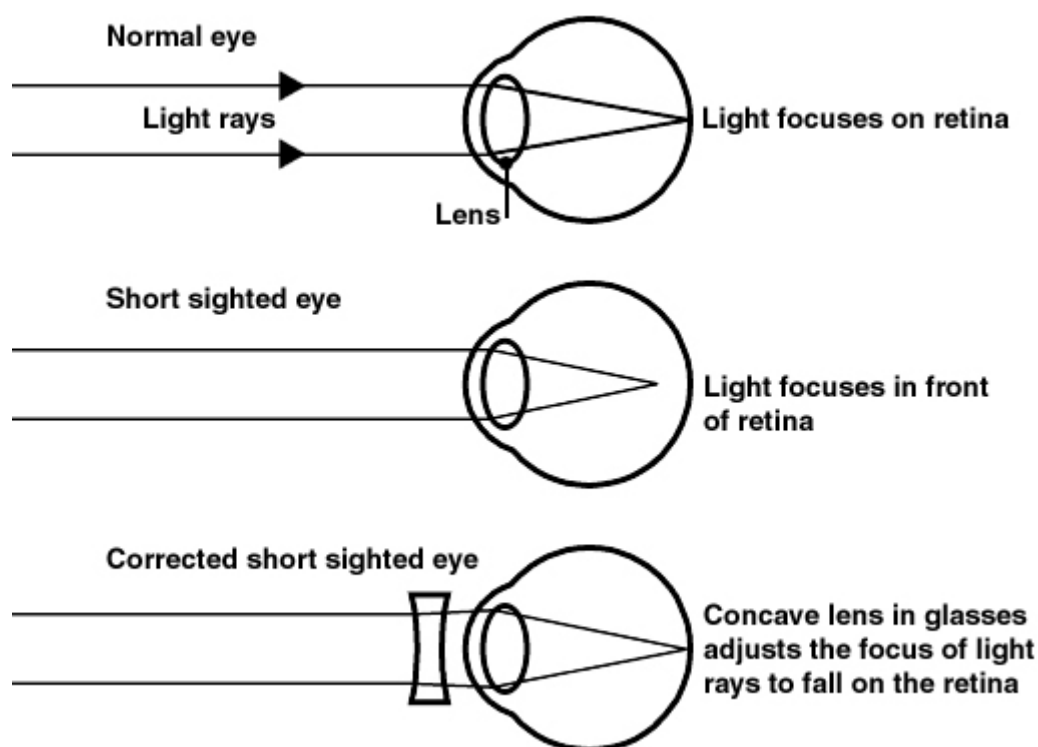
Information for Parents and Carers

How do you know my child needs glasses?

The need for glasses is assessed by the optometrist. Your child will have drops instilled into each eye to make the pupils bigger. The pupils act as the window of the eye. The optometrist will shine a light into the eye and watch the movement of this line of light at the back of the eye. By neutralising this movement with lenses, the optometrist can calculate the necessary prescription.

My child is short-sighted. What does this mean?

Short-sight is present if an image is in focus in front of the retina (back of the eye) because the eye is relatively longer or the cornea is too curved



Why does my child need glasses?

To focus the light onto the retina (back of the eye) to give clear vision

Are the glasses needed for near or distance?

It is a common myth that glasses are needed only for distance or only for near. In childhood this is not the case. Glasses will be needed for all distances and full-time wear unless you are otherwise directed by your orthoptist or optometrist.

Why wearing glasses is so important

It is very important that glasses are worn full-time. Glasses give a clear focused image to the cells of the retina and the brain so that the visual system develops normally. If glasses are not worn the cells do not develop normally because they do not receive a clear stimulus. Once the visual

system has finished developing (around the age of 6 – 7) any further improvement of vision is unlikely to occur and the level of vision your child has at this age is the vision they will have for the rest of their life (providing they do not get any disease in later life that may affect their vision).

If my child wears the glasses well, will they be able to see clearly without them eventually?

Glasses only give clear vision whilst they are being worn. They will not make the eyes stronger so that vision is clear even without glasses. This is because glasses cannot change the shape of the eye they can only manipulate the light entering the eye whilst the glasses are being worn.

My child won't wear their glasses!

Initially, your child may be reluctant to wear the glasses. Encourage them, praise and compliment them when they are wearing them and persevere.

My child's glasses are often broken. What shall I do?

Your child's prescription is valid for 2 years so any breakages or losses will be covered by this prescription and will be fixed or replaced by the optician who made the glasses.

What type of frame should I get for my child?

It is important that the glasses fit properly. Your child needs to be looking through the centre of the lens. They should not slip down the nose. You may find yourself going back to the optician regularly to maintain a good fit of the glasses.

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