

When you're young the lens at the front of your eye is really clear and lets more of the damaging sunlight in.

Pop on some sunglasses whenever the UV Index rises to three or more.

The Met Office website for has daily UV forecasts.

Check their sunglasses carry a UKCA or UV 400 Mark. This ensures they provide adequate UV protection.

If your child wears glasses or contact lenses, check their lenses provide UV protection.

Stimulate the senses
Help young eyes develop playing peek-a-boo, catching a ball and using high contrast toys and games.

Tell-tale signs

It's often difficult to tell if your child is having problems with their eyes but some tell-tale signs that there could be something wrong include struggling to recognise colours and shapes; not showing any interest in learning to read; complaining about headaches and sitting very close to the TV.

If you recognise any of these symptoms you should arrange for your child to have a sight test.

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[visionmatters.org.uk](https://www.visionmatters.org.uk)

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1. Various, including All Our Children's Eye Health, Eye Health UK, 2025

2. Myopia management options incur a cost.



**KEEPING KIDS' EYES
HEALTHY**

Your child's sight is precious. Good vision helps them learn, play and communicate with the world around them.

However, around one in five children has an undiagnosed vision problem that could hamper their learning and development.¹

Children's eyes continue to develop until they reach the age of eight, so caring for a child's eyes in the early years can help lay the foundations for good vision that lasts a lifetime.

There are lots of simple things that you can do to help keep kids' eyes healthy.

Essential eye checks
Having regular sight tests, every two years, unless you're advised otherwise by your optometrist, is a great place to start.

Sight tests will ensure any problems such as childhood conditions like squint and amblyopia (lazy eye) or myopia (short-sightedness) are picked up early.

The sooner problems are identified the better the treatment outcome.

Sight tests are free on the NHS for all children under 16 years. Children are also entitled to optical vouchers that can be used to purchase prescription eyewear.

If your child is diagnosed with myopia (far away objects to appear out of focus) your optometrist and dispensing optician can advise you about myopia management treatment options.²

Don't rely on school vision screening at school entry as services are patchy across the UK.

Eat a rainbow
Eating a rainbow of colourful fruit and vegetables helps ensure young eyes get the nutrients they need to grow healthily.

Foods like tomatoes, grapes and blueberries as well as fish, eggs and whole grains are packed with eye-friendly nutrients.

Go out and play
Spending time outdoors in childhood and adolescence can have long-term, potentially life-long, benefits in preventing short-sightedness (myopia).

Aim for two hours or more outdoors every day - whatever the weather!

Take a break
Children should be reminded to take regular breaks whenever they do any intense close work

like scrolling on a phone or reading a book.

Encourage them to look up at least every 20 minutes and relax their eyes for 20 seconds.

Teenagers viewing smart phones should hold the screen at least 30cms away from their face to avoid eye strain.

Limit screen time
Screen time should be limited for all children.

Put screens down at least an hour before bedtime.

The World Health Organisation (WHO) recommends no more than one hour a day for pre-schooler and no screen time at all for under twos.

Be safe in the sun
It's also really important to protect kids' eyes from the sun.