

For all Headteachers in Primary
Reception Class/ Foundation Stage
Early Years Settings

Please ask for: Sham Mahmood
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Ref: Reception/F2 Eye Check
Letter
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For parents with children in Reception/ Foundation Stage 2 Class

Has your five-year old had their first eye test?

Dear Parents/Guardians,

By the age of 5 years old, ideally children should have had their first eye check, to ensure their vision is normal for their age. This check will detect any need for glasses and/or eye problems which may lead to future sight issues.

Young children do not usually notice problems with their eyes or vision. Children will learn to cope with eyesight issues very easily; therefore problems can often go undetected. Hidden problems with sight or the health of the eye can lead to tiredness, headaches and difficulties with reading, writing and other activities. Children's vision problems may be easier to treat when they are young, so it is important that all children have their eyes tested by the age of 5 years old.

Many children across Leicester, Leicestershire and Rutland, in Reception/Foundation stage classes (aged 4-5 years) may not yet have had an eye test. If this applies to your child:

- Go to <https://www.nhs.uk/service-search/find-an-optician> to find your nearest NHS Optician.
- Book a free NHS appointment for your child by calling your chosen optician, or using their online booking service.
- If your child has had an eye test in a hospital or at a high street Optometrist (optician) already then you do not need to take any further action. Your Optometrist will keep you updated on the health of your child's eyes and book check-up appointments as needed.

Yours sincerely,

Kelly Evans

**Consultant in Public Health
Leicestershire County Council**

For further information on children's eye health, please visit www.nhs.uk/childrens-eyes