



Steps to Healthy Eye Care:

Have regular health eye check-ups. Ensure your child has had an eye check up by the age of 5 years (the School Nursing Team offer Reception children in the borough a vision check) and then every 2 years or more often if recommended by an optician.

Be aware of your risk of various eye conditions. Speak to your family members, as knowledge of your family history can help you to detect issues before they become more serious.

The best foods for eye health include nutrient-rich fruits and vegetables, such as blueberries, peaches, avocado, kale, leeks, spinach and red peppers. Other foods that are good for eye health are cold water fish, like tuna, sardines and mackerel.

Exercising isn't just good for your body but for your eyes as well. Scientific evidence suggests that engaging in aerobic exercise increases the vital supply of oxygen to your optic nerve to lower the pressure in your eyes. Get your children playing outside!!

Smokers are at a significantly higher risk of developing cataracts: this is because tobacco chemicals cause damage to blood vessels located behind your eye. Just like tobacco, alcohol can also increase your chance of developing early AMD (age-related macular degeneration).

Sunglasses can make a big difference. These don't need to be expensive but it's important that they filter at least 99% of UVA and UVB light to keep your eyes safe. For your children's eye health, you should also ensure they always wear eye protection glasses when out in sunlight. More than half-a-lifetime's worth of UV light will have been absorbed by a child's eyes by the time they reach 18 years old, so it's important to be proactive with protection.

For more information on National Eye Health Week and resources to support eye health, visit the following links:

- [Vision Matters – National Eye Health Week](#)
- [NHS – Eye Health Tips](#)
- [Royal National Institute of Blind People \(RNIB\)](#)
- [Moorfields Eye Hospital \(NHS\)](#)



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.

