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Tips for Parents: How to Manage Your Child's Myopia

Discovering that your child has myopia can be concerning, but you're not alone. Studies reveal that myopia is increasingly common among children, with developmental changes seen in primary school. As a parent, you play a crucial role in helping your child manage their short-sightedness and slow down its progression. In this blog, we'll explore some practical measures you can take to safeguard your child's eye health and promote better vision. Let's dive in!

Ensure Corrective Glasses or Contact Lenses: The first step in managing your child's myopia is to ensure they have the right corrective glasses or contact lenses. Wearing these aids with the correct prescription helps relieve eye strain and prevents blurred vision. Neglecting corrective lenses can actually accelerate myopia development [3], so regular eye check-ups and updates on their prescription are essential.

Consider Myopia Therapy Glasses: In addition to regular corrective lenses, you can explore myopia therapy glasses. These glasses not only correct your child's vision but also manage how light falls on the retina, which can slow down the progression of myopia. The sooner you can slow down these changes, the better chances of preventing myopia from worsening.

Encourage Outdoor Time: Encouraging your child to spend more time outdoors not only benefits their overall health but also plays a role in managing myopia. A 2019 review indicates that exposure to brighter light can reduce the risk of myopia [4]. Studies have also shown that increased time spent outdoors during childhood can delay the progression of myopia and even lower the risk of developing it in the first place. So, it's a win-win situation!

Conclusion: As a parent, you have the power to positively impact your child's myopia management. By ensuring they have the right corrective lenses, considering myopia therapy glasses, and encouraging outdoor activities, you can slow down the progression of myopia and promote better eye health. Remember, early intervention and consistent care are crucial in safeguarding your child's vision.

**[Name of Business] is proud to support Myopia Focus**

Independent information on myopia and myopia management can be found on [myopiafocus.org](https://www.myopiafocus.org/what-is-childhood-myopia).

Please also consider signing this [change.org petition](https://chng.it/Ft25M75fpD) to get the NHS to recognise myopia as an ocular disease and improve funding for myopia management for children.

**Images:**

Please feel free to use the below image:

A child with curly hair wearing glasses and pointing up

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