

### **Free sight checks for your child**

- Visit the NHS website at [www.nhs.uk/conditions/eye-tests-in-children/](http://www.nhs.uk/conditions/eye-tests-in-children/)
- The NHS recommends vision screening at age 4 to 5 years to identify children with reduced vision in one or both eyes.
- The aim is to detect any problems early so your child can receive effective treatment.
- This is free for all children in full time education up to 18 years old.
- If we have any concerns regarding your child's progress in school we will always look to ensure they can see and hear correctly.

### **Free hearing checks for your child**

- Visit the NHS website at [www.nhs.uk/conditions/hearing-tests-children/](http://www.nhs.uk/conditions/hearing-tests-children/)
- The NHS says it is important to identify hearing problems as early as possible because they can affect your child's speech and language development, social skills and education.
- Hearing tests are free on the NHS.
- Book a non-urgent GP appointment to request a hearing test. They can then refer on to the ENT department at the local hospital.
- School can provide a supporting letter if needed requesting a hearing test.
- If we have any concerns regarding your child's progress in school we will always look to ensure they can see and hear correctly.

### **Children's health**

**The 0-19 children's health service offers health visiting and nurses for school aged children.**

Health visiting provides universal care to children and their family from the antenatal period until the child reaches the end of reception class (0-6years). This consists of:

antenatal education

antenatal birth visits (6-8 week assessment, 8-12 months assessment and 2-2.5 year assessment)

help with feeding your baby and growth and development

parenting and child behaviour advice

common childhood illnesses

sleep behaviour

keeping your child safe

getting reading for school

maternal mental health

You can contact your health visiting team by ringing **01522 843000** or emailing [bs\\_healthservices@lincolnshire.gov.uk](mailto:bs_healthservices@lincolnshire.gov.uk)