

Sunglasses for Children



Up to 80 per cent of exposure to UV over a person's lifetime occurs before the age of 18. It's therefore especially important that parents and carers make sure that children wear sunglasses so that any long-term damage is minimised.

Here are some basic, but essential, guidelines when purchasing new sunglasses for you and your family.

Buy good quality, dark sunglasses - Sunlight can damage the retina and the lens of the eye and we risk causing long term damage to our eyesight, developing conditions such as cataracts and possibly AMD (Age-related Macular Degeneration) by remaining unprotected in later life.

Check they are up to standard - Good sunglasses don't need to be expensive: you can purchase perfectly adequate protective sunglasses from high street stores. Look out for glasses carrying the "**CE**" Mark and British Standard **BS EN 1836:1997**, which ensures that the sunglasses offer a safe level of UV protection.

Light coloured eyes are especially vulnerable - Anyone with light coloured eyes are most at risk from sun damage. If you or your children have blue eyes, take even more care to wear glasses in the sun.

Children who wear glasses can wear sunglasses too - Sunglasses can be made up to any prescription: distance, reading, bifocals or varifocals.

They're not just for summer - The sun's UV rays can be present in high enough levels to warrant protection throughout the year (so while some celebrities may be laughed at for wearing sunglasses in the winter, it actually may be good for eye health.) In fact, some people find the glare of the sun more noticeable in winter, particularly when they are driving, as the sun is lower in the sky. If you drive it is handy to keep a pair of (prescription if you need them) sunglasses in the car. And sunglasses should never be worn when driving at night.

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