



Vision Support Team

Team for Children with Vision Loss

Myopia or Short-sight

What is Myopia?

Myopia occurs when the shape of the eye or certain parts of the eye, cause the light rays to bend and not fall in the correct part of the back of the eye (retina), causing images to be blurry. The light rays fall 'short of the retina' and this is why Myopia is also known as short-sight.

How does this affect the way the child sees?

- ✓ Generally Myopia (short-sight) affects the person's distance vision, and their near vision is ok. However, for those people with a significant level of myopia in their eye/s they may also experience difficulties with their near vision too.
- ✓ Myopic vision may get worse over time, especially as the child grows, so regular optician appointments are required to monitor the levels of vision and prescribe new glasses with a change of prescription lens.
- ✓ With glasses on, the child should be able to achieve normal or perfect levels of corrected vision.

What can be done to help?

- Glasses will be prescribed. In some cases, usually older child and adults, contact lenses may be prescribed.
- Glasses will have a 'minus' prescription (next to the number)- if the number next to the 'minus' sign is 6 or higher, this is known as High Myopia.

How can parents, family, friends, and teachers make a difference?

- Ensure the child wears his/her glasses at all times.
- Ensure the child attends optician appointments regularly as advised by the optician.
- If the child has a strong prescription for Myopia, it is advisable to sit them near to the teaching activity, front-facing, so they are using the best vision that they have through their central part of their glasses.
- If the child has a high prescription of glasses (as mentioned above) that means he/she has High Myopia please contact the Vision Support Team (via the details listed on the Local Offer- link below) for further advice and support.

Please note the font used in this information leaflet is called Verdana and is used because it is one of the most visually friendly fonts for people with vision difficulties and is also Dyslexia friendly too.

Further information for support for children and young people with vision loss can be found on the Birmingham Local Offer website:

[Sensory Support Vision - Local Offer Birmingham](#)

December 2025

