

## ***HELP ME KEEP MY CHILD'S GLASSES ON THEIR FACE***



Keeping your child's glasses on can be a frustrating; however, if the glasses are important enough to be prescribed by your optometrist, it is critical that you encourage your child to wear them. Listed below are some useful tips:

1. Do your best to help your child understand why they need to wear glasses; even some toddlers can understand when you explain that the glasses will help them see well.
2. Let your child help choose their own frame by offering a selection of appropriate frames within your price range. Children won't wear glasses they dislike.
3. Avoid buying glasses for your child to "grow into"; these will be uncomfortable as well as less effective than glasses that fit properly.
4. Use a reward system if necessary. Offer stickers as an incentive to wear glasses or as a reward for keeping them on for a certain amount of time.
5. Make it clear to your child that certain activities require glasses; if your child brings you a book, insist that they have to put on their glasses before you read it.
6. Find some stories or picture books that show children wearing glasses or that deal with the issue of getting glasses. Some examples include: "The Good Luck Glasses" by Sara London, "Arthur's Eyes" by Marc Brown, and "Luna and the BIG BLUR" by Shirley Day.
7. Try to avoid conflicts; if your child takes their glasses off after an hour, wait for a little while before putting the glasses back on. Be patient and persistent.
8. If your child is an infant, put the glasses on just before they wake up from sleeping. This may avoid conflict while your child is awake.
9. Clean the lenses regularly; your child is more likely to wear their glasses if they can actually see through them. Show your child how to clean the glasses if they are old enough. Use a recommended solution and soft cloth to avoid scratching the lenses.
10. If possible, get polycarbonate lenses in your frame. This material is the most durable and protective for your child.
11. Consider wearing glasses around the house for your child to see; if you wear contact lenses, take them out when you're at home and wear your glasses around your child.
12. Don't forget to check screws and other fittings regularly on your child's glasses frame.
13. Bring your child back to the optical department regularly for adjustments to assure a proper fit.
14. Encourage your child to use both hands when putting on and taking off the glasses to minimize unnecessary stretching.
15. Purchase a nice case for your child to store their glasses in when they are not wearing them.

**Wear time recommended:** \_\_\_\_\_