

# Your young child in glasses

a guide for parents who just learned their baby, toddler or preschooler needs glasses

## Getting your child to wear glasses

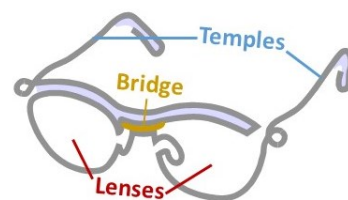
One of the biggest worries parents have about their child needing glasses is figuring out how they'll convince their strong-willed child to keep their glasses on. Depending on your child and their prescription, they may take to their glasses right away, or it may take some time. While most parents report that their child took less than 2 weeks to adjust, some take longer. Know that it will get easier with time. Until then, here are some tips to help make the process a bit easier:

- ✎ **Fit:** Your child is more likely to wear comfortable glasses that fit well.
- ✎ **Consistency:** Make wearing glasses part of your child's daily routine. When your child takes off their glasses, put them right back on.
- ✎ **Stay positive:** It's not always easy to feel positive about your child's glasses, but your child will pick up on those feelings. Focus on how the glasses are helping your child's vision, and smile when you put them on their face.
- ✎ **Don't make it a power struggle:** If your child is throwing a fit about their glasses, set the glasses aside for a few minutes until they calm down, and then try again.
- ✎ **Distract, distract, distract!** You know your child and what grabs their interest. Use that! Try to have something on hand to distract your child as soon as you put the glasses on their face. This could mean grabbing a favorite toy or game, it might mean going outside to watch tractors or animals, or staying inside to watch a tv show.



## Finding glasses that fit

It is extremely important to find glasses that fit your child well. Glasses that fit well not only look great, they feel more comfortable to your child, and ensure that your child gets the best vision from their glasses.



### Lenses

Eyes should be centered vertically and horizontally in the lenses. If your child needs bifocals, the bifocal line should be in the middle of their pupil.

### Bridge / Nose piece

The nose piece should fit snugly, but comfortably against the top of the nose. Make sure that the frames rest on your child's nose, not their cheeks.



### Temple / Ear pieces

The ear pieces should be close to (but not touching) the sides of your child's face until they reach the ears. They should not extend below your child's ear in back.

## Your feelings

Many parents feel a huge mix of emotions when they learn their child needs glasses—from relief to anxiety to sadness to excitement. And many parents feel guilt on top of that—guilt for not catching it sooner, or for possibly causing their vision issues. Know that it is normal to have these feelings, but you do not need to feel guilty. Take a moment to acknowledge your feelings and then move forward to get your child the glasses they need to see.



This guide is written by Ann Zawistoski, founder of Little Four Eyes ([littlefoureyes.com](http://littlefoureyes.com)), a website written by parents of young children in glasses who share experiences, photos, tips, struggles and triumphs.

# Your young child in glasses: a guide for parents

## Rules for Glasses!

### For kids with glasses:

- 1) Glasses on your face, in their case or on their special resting place!
- 2) Always use two hands when putting your glasses on or taking them off (this goes for parents, too!).
- 3) Tell your parents if your glasses are slipping or hurting.

### For parents

- 1) Let your child know before you remove their glasses.
- 2) Clean lenses with a soft cotton or microfiber cloth. Use soap and water or lens cleaning solution if they're very dirty.

### For other kids:

- 1) No taking, stealing or hiding someone else's glasses.
- 2) If someone's glasses fall off while playing, everyone stops until the glasses are back on, or are put somewhere safe.

## Understanding your child's glasses prescription

The prescription you received for your child's glasses describes how the lenses should be cut in order to give your child the best vision possible. It will not tell you your child's diagnosis or how well she or he can see.



### Spherical error

+ : farsighted / hyperopia

- : nearsighted / myopia

The higher the number after the + or -, the stronger the prescription.

O.D. : right eye  
O.S. : left eye  
Sometimes written as "L" and "R".

	SPHERE	CYL	AXIS	ADD
O.D.	+4.25	+2.50	090	+2.00
O.S.	+4.00	+1.50	090	+2.00

### Astigmatism

Cyl: the severity of the astigmatism.

Axis : how the astigmatism is oriented.

### For bifocals

The added prescription for near vision.

## Recommended Online Resources

- ✎ **Eye Problems in Adults and Children**, [preventblindness.org/eye-problems-adults-children](http://preventblindness.org/eye-problems-adults-children), information on some common eye problems.
- ✎ **FamilyConnect: Eye Conditions**: [www.familyconnect.org/eyeconditions.aspx](http://www.familyconnect.org/eyeconditions.aspx), links to information on many different eye conditions.
- ✎ **Glossary of Eye Terminology**: [eyeglossary.net](http://eyeglossary.net), short definitions of eye and vision terminology.
- ✎ **Great Glasses Play Day**: [greatglassesplayday.com](http://greatglassesplayday.com), an annual event for families to gather to celebrate glasses and raise awareness of the importance of early detection and treatment of vision issues.
- ✎ **Little Four Eyes**: [littlefoureyes.com](http://littlefoureyes.com), a support site written by parents, for parents with young children in glasses. The site includes an FAQ, articles, photo galleries and a list of books for kids. The site has an associated support group on facebook: [facebook.com/groups/LittleFourEyes](https://facebook.com/groups/LittleFourEyes)
- ✎ **Through Scarlett's Eyes**: <http://www.throughscarlettseyes.com/>, a community dedicated to supporting parents and families of visually impaired children. It is based in the UK.
- ✎ **WonderBaby**: [wonderbaby.org](http://wonderbaby.org), a resource for parents of children with visual impairments and multiple disabilities. The site includes articles, news, a list of reader-submitted resources, and a Q&A page.



For links to more recommended web resources see <http://littlefoureyes.com/resources>