

FINDING GLASSES FOR YOUR CHILD: A PRINTABLE GUIDE FOR PARENTS

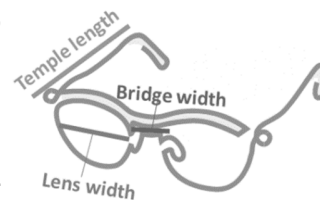
Why good fit is important

Glasses that fit well will stay put, encouraging your child to look through the appropriate part of the lens. They are more comfortable, which encourages compliance, and frankly they look more attractive. Frames that fit well won't move even while laying down or rough play. Glasses need to fit your child today. Infants and small children may only grow one or two millimeters in lens width over a year, older children grow even more slowly. You do not want to size up so your child "will grow in to their glasses."

The basics of glasses sizes:

Most glasses list their sizes as XX-YY-ZZZ,

- XX is the width of one lens,
- YY is the width of the bridge
- ZZZ is the length of the temple



The numbers in these measurements are in millimeters.

Note: While this measuring system is generally standard, some children's frames use different sizing labels. The best way to find glasses that fit is to try a few different frames on and note the size of glasses that fit well.

What to look for in a good fit

Looking straight on

Look at your child straight on to get the best idea of fit. You want their eye to be centered both horizontally and vertically.

Once you find a frame that fits in lens, look for other frames with a lens width within a 1mm.

Make sure the bridge fits the nose well. Rectangular frames tend to have a narrower bridge to accommodate the width of the lens. Infants and children with wider bridges may not be able to get a good fit with a rectangle lens.

Nose pads should fit snugly but comfortably against the nose with no pinching or gaps. Frames with nose pads offer some adjustability, but solid plastic or flexible frames do not so they should fit the nose perfectly. A child who requires an exact bifocal line may do much better wearing a wire frame with nose pads because it gives you the best adjustability.



Looking from the top

Look at the way the temples go from the edge of the lenses to your child's ears. There should be no taper in or out on their path to the ear. If the temples are angling into the ear go down in lens width, bowing out go up.

Off-the-shelf frames are scaled so that if the lens width fits the other measurements should be appropriate too. It's not always perfect, but should give you a starting point.



From the side

Look at the length of the temple on the side of your child's face. If the temples extend too far past the ear it is a good indicator that the frames are too large. Your child should be able to sit and lie back without the earpiece bumping the surface and shifting the frames. Bent ear pieces should not extend past the bottom of the ear.



CHOOSING GLASSES FOR YOUR CHILD: A PRINTABLE GUIDE FOR PARENTS

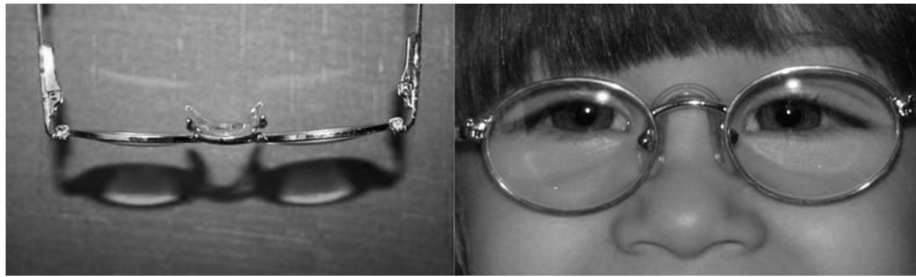
Warranties

Warranties can be a life saver for many families. Glasses – especially glasses worn by children – can be broken, lost, or damaged easily, and they need to be replaced. Many children have frequent prescription changes, especially in the first couple of years of getting glasses. Different shops offer different warranties and some frames and lens options come with warranties as well. Make sure you completely understand the warranties are available to you and what they do and do not cover before deciding if any of them will be worth the cost.

- **Frame warranty:** Some frame warranties only cover manufacturer defects, others will cover all damage, no matter what caused it. A few warranties cover frames being lost.
- **Lens warranty:** Lenses can get scratched very easily, even if they have an anti-scratch coating. In fact, many anti-scratch coatings automatically come with a warranty against scratches.
- **Prescription warranty:** Many optical shops will offer a short-term warranty for prescription changes.

Lens options

There are a lot of options when it comes to lenses. The choices can affect the weight, the thickness, the image that your child sees through the lenses, the look of the glasses, and the price. Not all options are available at all shops and for all prescriptions.



Prescription

A higher prescription will mean thicker lenses.

- Prescriptions for **hyperopia** (farsightedness / longsightedness) will have the thickest point in the middle of the lens
- Prescriptions for **myopia** (nearsightedness / shortsightedness) will have the thickest point on the edges of the lens.

Materials

Polycarbonate and **Trivex** are the most commonly used materials for children's glasses. This is because both are highly impact-resistant and offer full UVA/UVB protection. Polycarbonate lenses are thinner than Trivex for the same prescription, but Trivex is a lighter material. Since Trivex lenses will be a little thicker, there is not much difference in weight between the two for the same prescription.

There are also other materials with a higher index than Trivex or Polycarbonate. The higher the index, the thinner the lens. While **high-index materials** are less impact-resistant than Trivex and Polycarbonate, they are still impact-resistant and may be more appropriate for children with very high prescriptions. This is a question you should discuss with the optician.

Lens Curve

Traditionally-cut lenses will have steep curves for higher prescriptions. **Aspheric lenses** are cut so that they have a less steep curve, and so are thinner for the same prescription. They are particularly recommended for high hyperopic prescriptions.

Other options

- **Scratch-resistant coating:** Some lens materials (Polycarbonate in particular) are soft and prone to being scratched easily. A scratch-resistant coating will help prevent **some** scratches. Lenses with scratch-resistant coatings are not scratch proof and can still be scratched.
- **Anti-reflective coating:** Also known as "anti-glare coating". This coating will reduce the reflection of light from the outside of the lenses (that's what causes glare on lenses).
- **Photochromic coating:** Often referred to as "Transitions" which is a brand name of this type of coating. Photochromic lenses will darken in the sunlight. Most photochromic coatings will not darken in cars, but some do.