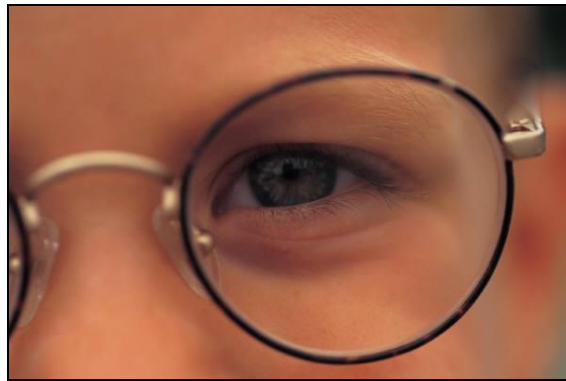


Wearing glasses



Glasses help your child
develop the best vision possible.

Information for parents from the 3V2 Eye Clinic

Hogarth Family and Pioneer Energy Ophthalmology Centre
McMaster University Medical Centre
1200 Main Street West
Hamilton ON

905-521-2100, ext. 72400

Why does my child need glasses?

Glasses can help correct many types of vision problems.

- If a child is very farsighted, nearsighted, or has astigmatism (an irregular curve in the clear covering of the eye called the cornea), the brain only receives blurry images. Glasses help the child see clearly, which helps vision develop normally.
- If a child has crossed eyes, glasses can correct the problem and help vision develop normally. Glasses may be used to correct crossed eyes, even when vision is clear.
- If a child has good vision in just one eye, glasses will protect the eye from injury. These glasses must be made of shatterproof material such as polycarbonate or trivex.

The doctor will:

- Discuss your child's vision and how glasses will help.
- Give you a prescription for your child's glasses.

What sort of glasses should I buy?

The doctor's prescription is used to make the lenses for your child's glasses. The choice of frames is up to you.

Here are some suggestions for choosing frames:

- Let your child help pick out the frames. If your child likes them, he or she will be more interested in wearing them.
 - Choose frames that aren't too small or your child will look over them.
 - Make sure the glasses fit well, don't slip or feel too tight or heavy.
 - To prevent glasses from falling off, the side pieces can be made from a soft plastic in a U shape to wrap around the ears. If needed, a Velcro band can be used across the side pieces to stop the glasses from falling off.
 - Regular glasses won't protect your child's eyes from injury. Your child may also need safety glasses for sports.
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How can I encourage my child to wear his or her glasses?

Some children are reluctant to wear glasses.

Here are some suggestions for helping your child feel more comfortable wearing his or her glasses:

- Talk to your child about glasses in a positive way. Help your child to understand why he or she needs glasses. Try using a script such as, “Your eyes need a little bit of help to see clearly. Some kids need glasses to help their eyes see, some kids need braces to help their teeth, and some kids need medicine to keep their body healthy. This does not change the person you are. Your body just needs a little bit of help.” Help your child see glasses as normal for healthy sight. Glasses aren’t abnormal or a problem.
 - Remind your child that lots of people wear glasses. Have your child notice who’s wearing glasses – family members, athletes, classmates, as well as characters in cartoons and movies.
 - Read books in which the characters wear glasses. Some suggestions are:
 - **“Magenta Gets Glasses”** Blue’s Clues #10. By Deborah Reber.
 - **“Arthur’s Eyes. An Arthur Adventure.”** By Marc Brown.
 - **“Why Do I Have to Wear Glasses?”** By Greg Williamson.
 - Seeing clearly is different for your child. To help your child adjust, have him/her wear the glasses for a short time at first, then wear them for a longer time each day.
 - Find ways to make your child feel special while wearing his or her glasses. Spend time together and give your child lots of praise.
 - Use a favourite toy or stuffed animal. Create some glasses for this toy so that the child has something to identify with.
 - Offer a ‘reward’ such as a sticker for keeping glasses on. Something small and inexpensive works well as an incentive, for example: stickers, dollar store items, or special privileges. This praises your child for wearing his or her glasses and shows that you appreciate his or her cooperation.
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- Involve your child in making a new routine; putting glasses on in the morning and taking them off at bedtime. Put them in the same place every night, so they don't get lost. Your child may enjoy decorating a special case to hold the glasses.

What problems are possible?

If your child won't wear his or her glasses, please don't get angry, threaten or punish your child. Ask the Eye Clinic staff to arrange for you to meet with a Child Life Specialist.

The Child Life Specialist can:

- help your child express fears and frustrations
- design play and learning activities to help your child become more comfortable wearing glasses
- give you more ideas for encouraging your child to wear his/her glasses

**If you have questions or concerns,
please call the Eye Clinic
at 905-521-2100, ext 72400.**