

Tips to Help Your Child Wear Prescription Eyeglasses and FAQs About Wearing Prescription Eyeglasses

Introduction

This Fact Sheet includes:

- *Tips to help your child when your child first starts wearing prescription eyeglasses.*
- *Tips on how to make the eyeglasses comfortable.*
- *Tips on protecting your child's eyeglasses and eyes when playing sports.*
- *Tips for caring for your child's prescription eyeglasses.*
- *Frequently asked questions about helping your child wear prescription glasses.*

Importance of Wearing Prescription Glasses

- *Your child should wear prescription eyeglasses exactly as prescribed by your child's eye doctor.*
- *Tell your child's teachers and other adults working with your child that your child needs eyeglasses to see well.*
- *Share your child's eye care treatment plan with these adults. Tell them when your child should be wearing the eyeglasses.*

When Prescription Eyeglasses are New

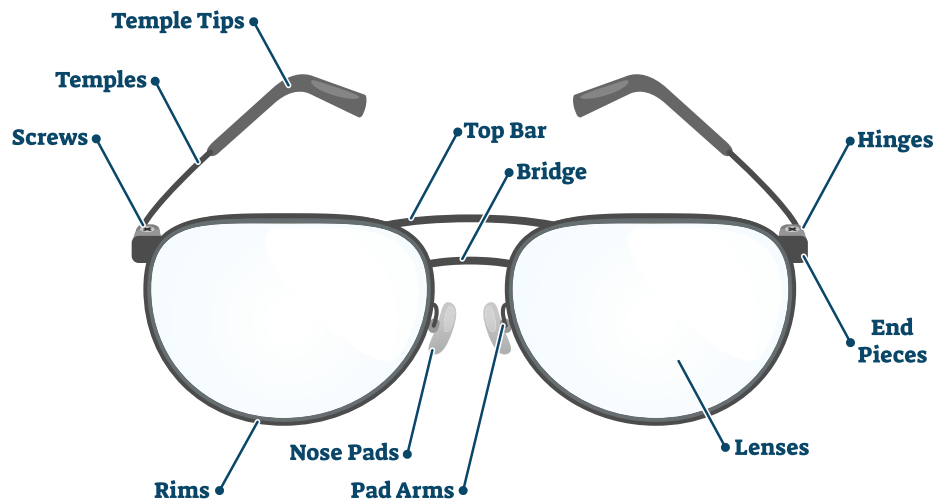
During the first few days of wearing eyeglasses, you may need to allow time for your child to adjust to the glasses. Your child's vision may be blurry or things may look strange (maybe your child will see individual leaves on a tree instead of a blob). Your child's vision and comfort with the glasses will improve as your child begins wearing the glasses as prescribed.

Ask your child to let you know if they are having any problems with the glasses if he or she refuses to wear the prescription eyeglasses.

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Ask these questions:

- Are the eyeglasses uncomfortable to wear?
- Are the nose pads uncomfortable?
- Are they too tight or too loose?
- Can your child see clearly with them on?
- Has your child had headaches or eye strain while wearing the glasses?

This link from the American Academy of Ophthalmology will give you more information about the parts of eyeglasses: [Learn the Nine Essential Parts of Eyeglasses \(www.aao.org/eye-health/glasses-contacts/learn-nine-essential-parts-of-eyeglasses\)](http://www.aao.org/eye-health/glasses-contacts/learn-nine-essential-parts-of-eyeglasses).

If your child reports any problems with the prescription eyeglasses, tell your eye doctor know as soon as possible.

Some children enjoy seeing clearly with their new prescription eyeglasses and want to wear them all of the time. Some children may not like wearing eyeglasses at first.

Tips for Adjusting to New Prescription Eyeglasses

If your child has problems adjusting to the new eyeglasses, try these tips:

- Keep a positive attitude about the eyeglasses.
- Take pictures of your child wearing the eyeglasses and tell your child how great he or she looks wearing the glasses.
- If you wear prescription eyeglasses, take a photo of both of you wearing glasses.
- You can also take a photo of your child and another family member wearing eyeglasses.
- Talk about how cool it is to wear glasses (even Superman and Scooter the Muppet wears glasses).
- Remind your child that lots of children and adults wear glasses to help them see well.
- Point out people in your family, your child's class, and characters in books and movies who wear glasses.

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- *Read books to your child about wearing glasses. (The Parent Resources section of the Small Steps for Big Vision tool kit has a link to 15 books.)*
- *Children copy what they see. If you wear prescription glasses, you can set a good example by showing your child how you wear and care for your prescription eyeglasses.*
- *Keep that positive attitude even when you become frustrated.*
 - *Be loving and patient, but firm.*
 - *Continue to encourage your child to wear the eyeglasses.*

Glasses and Sports

If your child plays sports,

remember that regular prescription eyeglasses don't provide protection from injury.

- *Make sure your child wears sports safety eyewear at all times when playing sports.*
- *Ask your child's eye doctor for suggestions on the best safety glasses or goggles for your child.*

Tips for Caring for Your Child's Prescription Eyeglasses

The following 14 tips talk about how to help your child take care of the new prescription eyeglasses and may help your child feel more comfortable about wearing the eyeglasses. Some tips are for you, directly. Other tips are for you to tell your child.

1. Prescription eyeglasses are easy to break, scratch, or damage.
2. Never place glasses on any surface with the lenses facing down. Dust or dirt can scratch the lenses.
3. Carry an eyeglass cloth with you to wipe away smudges.
4. If the glasses get dirty, use a soft cloth, a little water, and some liquid soap to wash the glasses.
5. Use both hands when taking off the glasses to protect the hinges.
6. Do not throw the glasses.
7. Do not try to bend any part of the frames, even if the glasses fit too tight. Return the glasses to the place where you got the glasses. Bring your child. Ask for an adjustment to the frames.
8. Never place glasses any place where they can be stepped or sat on.
9. Do not let friends try on or play with your glasses.
10. Do not wear your glasses on top of your head. This can cause your glasses to lose their shape.
11. If you see the eyeglasses starting to slide off your child's nose or they look lopsided, take them back to where you got the eyeglasses. Bring your child. Ask for an adjustment to the eyeglasses.
12. Sometimes the tiny screws on the eyeglass frames become loose. If this happens, either buy an eyeglasses repair kit at a retail store with a small screwdriver you can use to tighten the screws or take the glasses back to where you got the eyeglasses. If you use the small screwdriver and the screws are still loose, take the glasses back to where you got

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the glasses. You don't need to bring your child for this visit. Ask for the screws to be tightened.

13. Make sure you wear safety glasses whenever you play sports like baseball, basketball, or soccer.
14. Always keep your glasses in their case when you aren't wearing them (*Tip from American Association of Certified Orthoptists – “Glasses stay on your face or they go in your case”*).

Frequently Asked Questions About Your Child's Prescription Eyeglasses

How often should my child see the eye doctor after receiving new prescription glasses?

There is no set time because each child is different. Ask your eye doctor how often you should bring your child back for another eye examination.

Will glasses make my child's vision worse?

No. This is a common belief. Normal vision development likely will not occur if a child is prescribed eyeglasses and does not wear them.

Will my child grow out of needing prescription eyeglasses?

This is different for each child. Ask your child's eye doctor.

What do I need to know about buying glasses for children?

The Children's Eye Foundation of AAPOS has a webpage with information about the type of lenses to buy and how glasses should fit your child's face. Visit this link: [Glasses Fitting for Children](http://www.childrenseyefoundation.org/webdev/glossary/glasses-fitting-for-children)

(www.childrenseyefoundation.org/webdev/glossary/glasses-fitting-for-children).

My child's eye doctor says my child needs glasses, but I am concerned about the cost of glasses. What resources are available?

These links will provide information about resources for your child's prescription eyeglasses. Search through the resources for programs that help with eyeglasses for children.

Prevent Blindness Financial Assistance Information
(<https://preventblindness.org/vision-care-financial-assistance-information/>)

Resources for Eyeglasses from the American Academy of Ophthalmology (www.aaopt.org/eyecare-america/resources/eyeglasses)

Where to get a free eye exam and free eyeglasses from All About Vision (www.allaboutvision.com/eye-exam/free-exam.htm)

The Affordable Care Act and Your Child's Eye Care – Prevent Blindness
(<https://preventblindness.org/the-affordable-care-act-and-your-childs-eyes/>)

For more information about children's prescription eye glasses, visit “Your Child's Glasses” at Prevent Blindness.
(<https://preventblindness.org/your-childs-glasses/>)