

Remember:

- Be firm and consistent.
- You are in charge, work as a team with all your child's carers so you all do the same thing.
- Very young children often forget they are wearing their glasses, so try not to remind them they are wearing them.
- If your child removes their glasses while you are travelling by car, wait until you arrive at your destination before putting them back on, so that this does not become a problem.

Give your child lots of praise and reward them for wearing their glasses.

If you are still having problems, please contact your Orthoptist on **0300 019 4422** or the Paediatric Nurses on **0300 019 6234**. (answer phone if we are unavailable).

Help your child wear their glasses


The Eye Unit

Information for parents and carers
of children who need to wear glasses


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The Hospital Doctor or Optometrist has prescribed glasses for your child to wear.

Glasses are a very important treatment to make sure that the eyes learn to see in focus and work properly.

Your child's vision develops up until the age of 7 years so it is extremely important that your child wears their glasses during this developmental time.

Your child needs to develop normal vision by this age. If this doesn't happen they may have permanent problems with their vision, meaning they are unable to drive.

Most young children take to wearing their glasses with no problem. However, some children can find it difficult.

If you are having problems, these tips may help.

- Put your child's glasses on when they get dressed in the morning, to make it their routine.
- The glasses should be put on by Mum or Dad.
- Try to stay with your child to distract them.
- Plan mornings around your child as much as possible for the first couple of weeks until you have a good routine.

- If your child takes their glasses off, stop playing and say "glasses on please", then distract with toys and praise them.
- Watch where your child is playing, to make sure they do not remove their glasses while out of your sight.
- Speak to your Nursery, playgroup or school about encouraging them to wear their glasses.
- Have a list of activities to do during the day.
- A distraction box with small toys to use at difficult times
- Ensure your child is not hungry or thirsty.

Glasses:

- Make sure they fit well and are comfortable.
- Round frames are better, as they give a better area for vision and are harder to peep over.
- Keep lenses clean
- Check nose area and behind the ears for any soreness, and contact your Optician if you have any concerns