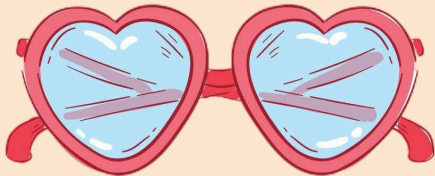


**Time to See the  
World with Your  
New Eyeglasses!**



# YOU'RE GETTING EYEGLASSES!

When picking out eyeglasses, choose what you love because you will be wearing them everyday. Try different frame styles, colors and materials. Think of them as your personal style. Ask yourself-



- Do you like the color and shape?
- Do they feel comfortable on your nose and sides?
- Are they too heavy?
- Can you move around without them falling off?

An eye care professional can help make sure your glasses fit comfortably.

It may take some getting used to wearing eyeglasses! Sometimes you can get a headache when you first start wearing eyeglasses and that's normal! But if it feels like your glasses are pinching or hurting that's not normal and tell your grown-ups!

When you first start wearing glasses, take your time. Wear them for a couple hours a day as you get used to them. It's often the easiest to get used to glasses when you wear them doing what you already love to do (watch tv, play video games, read a book, play with toys).



***You are not alone! Around 1 in 4 kids need eyeglasses!***

# EYEGASSES DO'S AND DON'TS

1. **Use both hands:** Using two hands when putting on or taking off glasses helps prevent stretching them out and protects the hinges.
2. **Don't balance on head:** Balancing glasses on top of the head can bend the frames and cause your glasses to lose their shape.
3. **If it's not on your face then it's in the case.** It's best to always keep your glasses in their case when you aren't wearing them. But if a case isn't available when putting glasses down, make sure the lenses don't touch anything. Never place glasses on any surface with the lenses facing down. Never place your glasses anywhere they can be stepped or sat on.
4. **Don't share your glasses.** Do not let friends try on your glasses or play with them.
5. **Create a routine:** Creating a routine can help you remember to wear your glasses consistently. Set times for when to wear your glasses, such as during school hours or watching television. Designate a spot for your glasses when they aren't in use, and make putting on and taking off your glasses into your morning and bedtime routines.



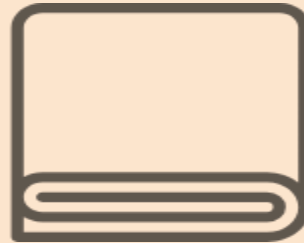
# HOW TO CLEAN YOUR EYEGLASSES

Start with a gentle stream of water.



Apply a small amount of dishwashing soap to both sides of lenses and then rinse

Carefully dry with a lint-free towel



Never use scratchy paper or your clothing!

## CLEANING GLASSES: DON'TS

- DON'T use your clothing to clean your glasses, especially when the lenses are dry. This can scratch your lenses!
- DON'T use spit to wet your lenses.
- DON'T use glass or surface cleaners to clean your eyeglasses. These products have ingredients that can damage eyeglass lenses and coatings.
- DON'T try to "buff away" a scratch in your lenses. This only makes the situation worse.

# THERE 'S SOMETHING WRONG WITH MY GLASSES!

*Eyeglasses are expensive and fragile- take good care of them!*

- Unfortunately, there is no magic cure for scratched lenses. Once your glasses are scratched, they are scratched.
- If your glasses start to slide off your nose or become lopsided an eye doctor can adjust them.
- Sometimes the tiny screws on your frames become loose. If this happens, tell a grown-up. There are replacement screws available.
- Tell a grown-up if your glasses feel too tight! Do not try to bend any part of the frames.

## REMEMBER

Wearing eyeglasses won't make your vision worse. But sometimes not wearing your prescribed glasses can cause problems with normal vision development and lead to permanent visual loss!



# TIPS FOR PARENTS

- **Let your child pick out their own eyeglasses!** It doesn't matter if they're not to your taste — if your child has picked the frames all on their own, they're more likely to be relaxed about wearing them.
- **Practice with a cheap pair-** Consider purchasing a really cheap pair of dollar store glasses and practice wearing them before the prescription glasses arrive. Practice taking the glasses on and off and let the child experience what wearing glasses will feel like. Make it fun to wear the practice glasses!
- **Name their glasses-** If your kiddo likes to leave their glasses lying around (or 'accidentally' losing them out and about), naming their glasses can be super helpful. Try a Sharpie pen (or something similar), a thin strip of tape on the temples and name them
- **Check in with them-** During the first few weeks of wearing glasses, ask your child to let you know if they are having any problems. Are they too tight or loose? Can your child see clearly with them on? If your child reports any problems, let your eye doctor know as soon as possible.
- **Your child needs time to adjust to the prescription-** Change in vision might make your child feel disoriented, dizzy, and/or uncomfortable until he gets used to the prescription. It might take time for your child to realize that he sees more clearly with glasses. New glasses headaches are relatively common. If the pain doesn't go away in a couple of weeks, contact your eye doctor to make sure you have the right prescription.
- **Ease into in-** Initially, have your child wear her glasses during an activity she enjoys where the lenses will make the most difference (e.g., reading books, watching a movie, playing with toys, doing an art project). This allows your child to see the glasses really do make a difference. Make sure this activity is an interactive one between you and your child and that your child enjoys the activity
- **Give compliments-** on their appearance or the way the glasses match their clothes, but don't forget to emphasize how the glasses are enhancing their vision and helping them see all kinds of new and exciting details they may have been missing.
- **Reward good behavior-** If compliments are still not enough; some children are just incentive-driven. In that case, use whatever incentives you can to motivate glasses-wear. This can be tangible, like sticker charts or access to special toys. It can take the form of an extra 10 minutes at the playground for each hour of glasses-wear. This can even include screen time. no glasses = no TV; no glasses = no iPad. They will remember to wear them fast when screen time is involved!
- **Accidents happen and glasses break-** Before trying to fix on your own, take glasses back to where you got them. They may be able to fix it free of charge.



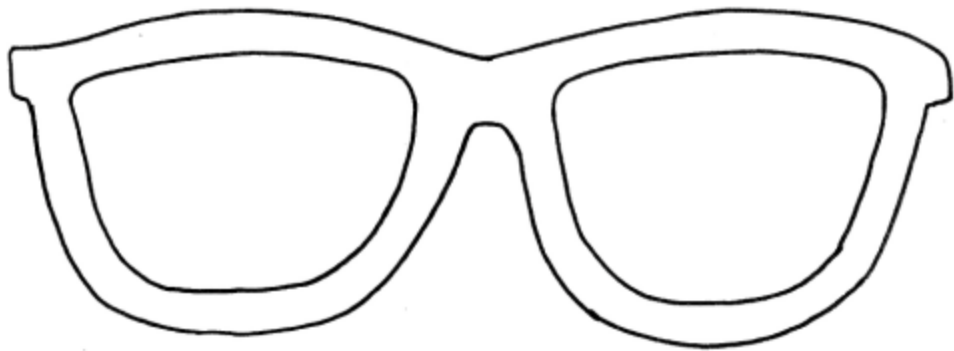
Stay  
COOL



H O M E

*is where*

M Y



*are*

## REFERENCES

- <https://www.readingglasses.com/blogs/knowledge-center/frame-and-lens-care>
- <https://printablecrush.com/summer-coloring-page-printable/>
- <https://www.readbrightly.com/how-to-get-kids-to-love-glasses/>