

Eye-Opening Tips for Wearing Glasses

Making sure your child wears their prescription eyeglasses is crucial for their success in and out of the classroom. It is important to inform your child's teachers and nurses about their need for glasses and share the eye care treatment plan. However, getting your child to wear glasses can be challenging due to issues with fit, comfort, or appearance. We have compiled a list of tips to help your child wear and embrace their glasses!



Allow Time to Adjust: If your child just started wearing glasses, they may need a few days to get used to them. Initially their vision might be blurry, or things may look different. Encourage them to consistently wear their glasses so that both their vision and comfort will improve!



Maintain a Positive Attitude: Give your child positive reinforcement for wearing glasses.



Capture the Moment: Take pictures of your child wearing their glasses, show off their new look! Make sure to tag Prevent Blindness when posting to social media channels!



Family and Role Models: Highlight people in your family, classmates or characters from books and movies who wear glasses!



Books and Stories: Read books about wearing glasses to your child! (*check out our list of children's book recommendations*)



Lead by Example: If you wear glasses, show your child how you wear and care for them!

Sports Safety: Proper eyewear should be used to minimize the risk of sports-related eye injuries. Click [here](#) for recommendations on ensuring children's eye safety during sports activities!



- **Care and Maintenance:** Never place glasses with the lenses facing down
- Clean with a soft cloth and a little water with liquid soap
- Always store glasses in their case when not in use
- Do not bend or throw your glasses
- Never leave your glasses in a place to be stepped or sat on
- Do not let friends try on or play with your glasses
- If glasses seem uncomfortable or don't fit properly, get them professionally adjusted. (*See our checklist on the next page!*)

Read Tips for Getting Your Child to Wear Glasses for more information



Perfect Fit

Properly fitted glasses are essential for your child's comfort and vision. Ill-fitting glasses can cause irritation, distract from daily activities, and may even affect your child's willingness to wear them.

Use this handy checklist to determine if your child's glasses need professional adjustment:



- Do your glasses slide down?
- Do your glasses hurt your ears?
- Do your glasses hurt your nose?
- Do your glasses hurt your temples (*the sides of your head*)?
- Are your glasses crooked?
- Do your glasses fall off when you play?
- Can you look down at your feet and shake your head without your glasses falling off or sliding down?
- Do your glasses feel off balance? Do they feel the same on both sides of your nose and your head and the back of your ears, or does one side feel heavier or tighter?
- Do your glasses leave marks on your face?

If any of these apply, you need to have your glasses fitted properly by a professional!