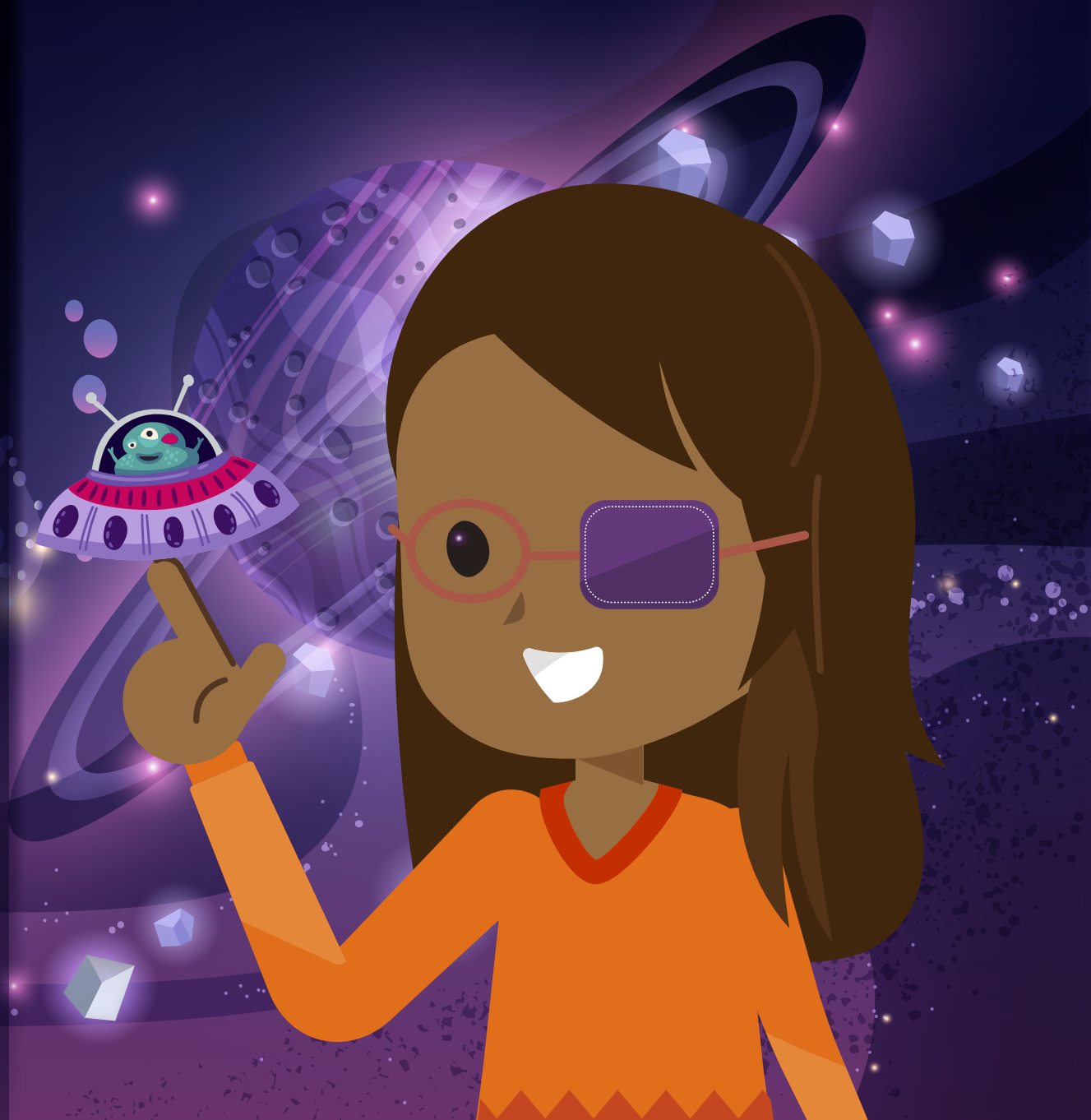


# Helpful hints for amblyopia and eye patching

Amblyopia treatment can be difficult for children as well as for their parents or caregivers. Showing patience and modeling a positive attitude goes a long way, but these tips can also help.



## EXPLAIN!

If your child is old enough, explain how serious her vision problem is and why following the treatment plan matters.



## READ!

There are a number of good children's books on amblyopia. Check your local library.



## PROTECT!

Preventing eye injuries is crucial, especially for kids with weaker eyes. Use polycarbonate lenses and wear eyeguards or faceshields during sports.



## DECORATE PATCHES!

Kids love feeling special. Let them decorate patches with crayons, markers, or stickers. Create fun holiday designs together and enjoy the process!



## PLAY!

Patch a favorite doll or stuffed animal.



## SOOTHE!

Some children have skin that is sensitive to patch materials or adhesives. Look for patches that do not use the irritating material or consider using a cream beforehand to prevent irritation or after patching to soothe the skin.

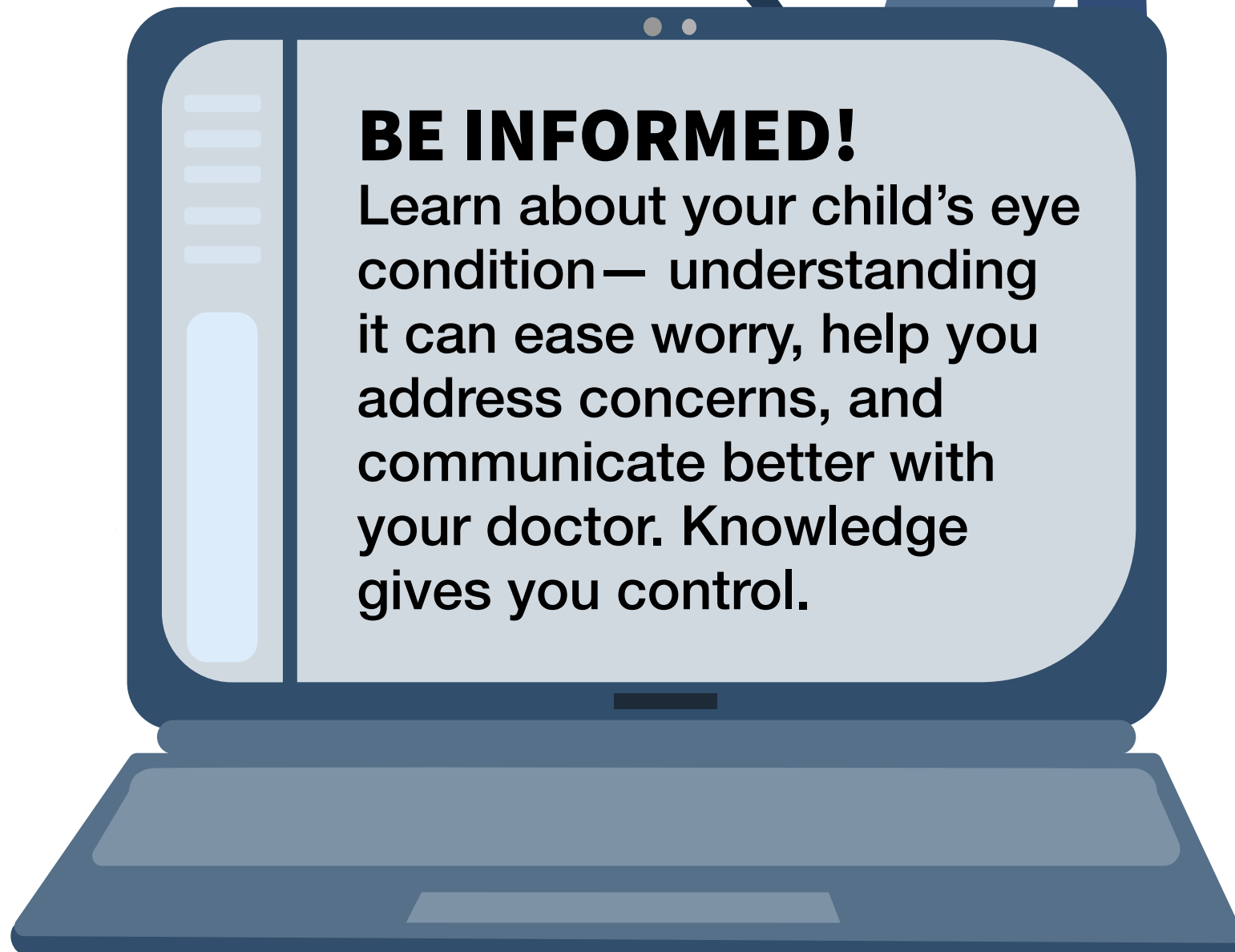
## INVESTIGATE!

Learn about your child's vision problem using all available resources. Ask your eye doctor, visit the library, or search online.



## BE INFORMED!

Learn about your child's eye condition— understanding it can ease worry, help you address concerns, and communicate better with your doctor. Knowledge gives you control.



## ENLIST HELP!

Talk to your child's teachers about the vision issue. They can help support your child and explain the situation to classmates, making the classroom more comfortable.



Find out more about amblyopia and tips for eye patching at: [PreventBlindness.org/amblyopia](https://www.preventblindness.org/amblyopia)



**Prevent  
Blindness**



**National Center  
for Children's Vision  
and Eye Health**

Prevent Blindness