



**PREMIER EYECARE ASSOCIATES**

*Committed to your Family's Vision Health*

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### **Keeping Your Child Happy With Their Glasses**

Here are some tips to help keep a child's glasses where they belong –on the child's face. When choosing a frame, allow the child to be a part of the choice process. If the child is happy with the selection, they will be much more likely to wear the glasses when needed. Find stories or books that show children wearing glasses. Emphasize that glasses are a good thing because they provide the best possible vision and protection for the eyes. Avoid teasing or joking about the fact that the child needs glasses. Clean the lenses regularly or teach the child to clean the lenses so they will be clear of dust and smudge free. Make sure the glasses fit properly on the child's face and return to the optometrist for regular adjustments. Many frames come with fun and creative cases. Teach the child that is the glasses aren't on their face they need to be in the case.

Getting that first pair of glasses is a memorable experience for a child. Making sure this is a positive experience will have a lasting impact and will foster proper eyeglass wear