

# HELPING YOUR YOUNG CHILD ADJUST TO THEIR NEW VISION

Every child is different—some will wear their glasses immediately, while others need time to adjust. Seeing clearly for the first time can feel overwhelming, so let your child set the pace.



## Gentle Encouragement, Not Pressure

If your child asks to take their glasses off, try to delay it a little:

- 🕒 Use **distraction**: “Let’s have a snack first.”
- 🕒 Give a **time frame**: “You can take them off, but in 5 minutes, we’ll put them back on.”
- 🕒 Try a **timer**: “Ding! Time to wear your glasses again.”

If your child struggles with full-time wear, use the “**more time on, less time off**” approach. Decrease the time spent without glasses a little each day until they’re wearing them full-time.



# Make Vision Fun!

Help your child explore and enjoy their clearer world:

👁️ For **nearsighted kids**: Go outside and point out faraway objects—birds, cars, or clouds. Show them things they might not have seen before!

📖 For **farsighted kids**: Read books, play with small toys, and explore textures—help them notice all the tiny details they've been missing.

🎯 For **children with astigmatism**: Encourage hand-eye coordination activities like stacking blocks, threading pasta on a string, or playing with puzzles.

## Extra Tips for Success

🚗 **Skip glasses in the car at first** – Kids often take them off while riding and may start chewing or playing with them. Introduce glasses in the car once they're comfortable wearing them.

🗣️ **Positive language matters!** Instead of saying, "You have to wear your glasses," say, "You get to wear your glasses!" This small change can make a big difference in how your child feels about them.

🔄 **Make glasses part of your child's routine.** Just like brushing teeth, putting on glasses should be a normal part of their day. Try adding them to morning and bedtime routines:

- ✓ Morning: "Brush teeth, wash face, put on glasses!"
- ✓ Bedtime: "Time for bed—let's put your glasses in their case so they can 'go to sleep' too."