

Useful tips to encourage your child to wear glasses.

- Start your child off by having them wear glasses during fun activities. e.g. drawing, painting, crafts, computer games, watching TV/movies, involve their favourite toys.
- Be matter of fact, not apologetic, about them needing to wear glasses. Remind your child about the benefit of wearing glasses, show them the difference between having glasses on and off while reading their favourite books. Makes glasses cool for your child. If you have glasses wear them as well.
- Use incentives and reward charts.
- Let them choose their frames and/ or decorate their glasses.
- Check the fit of the glasses and make sure they are comfortable.
- Make sure the nose pieces are comfortable and that the glasses don't slip down their nose.
- Make sure the arms/ear pieces of the glasses are comfortable
- Consider using a glasses strap to hold them in place.
- If the glasses are not fitting properly do not be embarrassed to contact the opticians to have them refitted several times.

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My Child Needs Glasses

Patient Information Sheet

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Why do children require glasses?

Children may need glasses for several reasons. A child's visual pathway develops during the first 7-8 years of life. Glasses can play an important role in making sure that the vision is at an optimum level and allow for normal visual development. Glasses can be used for treatment of strabismus (Squint) and amblyopia (Lazy eye)

How does the doctor know my child needs glasses?

A glasses check is performed by a dilated examination. Following the use of eye drops to completely relax the child's focussing muscles and enlarge the pupil, the doctor/Optomtrist can get an accurate reading of the strength of any glasses needed. Using the drops first means that we do not need the child to give us answers during the test. An optometrist is an allied health professional who works with the doctor in assessing children who might need glasses.

Will my child always need glasses?

This is difficult to predict. It often depends on the extent of your child's prescription, the age and growth of your child. Glasses are often required for visual development and/or as part of treatment for a squint or lazy eye. This question can be answered in more detail by the doctor assessing your child.

How often does my child need to wear their glasses?

In almost all cases, glasses are required to be worn full time. If glasses are not required for full time wear the doctor or optometrist can guide you on how often glasses are needed.

My child claims to see better without their glasses or their vision with glasses appears blurred.

This can happen in the early stages of glasses wear. Some children are able to see quite well without their glasses but they are usually having to focus much harder than normal and this can result in longer term problems with eye strain, poor vision development and sometimes the eye may begin to turn in or out as a result.

A child may require at least 4 months of adapting to their glasses. This is an important stage of the treatment. *Please persevere*. If the child continues to complain of blurred vision with the glasses on and spends a lot of time looking over the top of the glasses please speak to the Orthoptist.

What is long sight, short sight and astigmatism?

Long Sight: This occurs when the light rays entering the eyes are focused behind the retina. Vision can be affected at all distances.

Short Sight: This occurs when the light rays entering the eye are focused in front of the retina.

Astigmatism: This is when light is focused by different amounts and from different angles. Often it is because the cornea (window of the eye) is slightly more curved in one direction. As a result detailed vision is affected at all distances.

- Please also see Frequently Asked Questions Leaflet