

TIPS TO ENCOURGE YOUR CHILD TO WEAR THEIR GLASSES

Be **ENCOURAGING** - make it fun for your child to wear their glasses if they are initially reluctant to wear them.



Be **PATIENT**- it can take months for your child to get used to their new glasses.

Be **PERSISTENT**- maybe think about rewards charts/treats for your child if they are struggling



Ask for **HELP** from others - speak to their school teacher/nursery teacher to ensure they are wearing their glasses at these times. There may also be other children in their class who wear glasses.

CONTACT US:

TELEPHONE: 01463 706331

ADDRESS:

National Treatment Centre Highland
Inverness Campus
Inverness
IV2 5NA

At times the telephone may be in use or on an answer phone. Please leave a message including your name, your child name and their date of birth. One of the team will get back to you as soon as possible.

Please note the number from the department will appear as an 0800/withheld number on your phone/mobile.

ORTHOPTIST NAME _____



MY CHILD NEEDS GLASSES



THIS LEAFLET IS DESIGNED TO ANSWER SOME COMMON QUESTIONS



HOW DOES THE SPECIALIST KNOW MY CHILD NEEDS GLASSES?

When the pupil is enlarged with drops, the specialist has a good view inside the eye. By moving a line of light across the back of the eye, it is possible to measure what strength of glasses are needed.

WHAT ARE LONG SIGHT, SHORT SIGHT AND ASTIGMATISM?

Hypermetropia (Long Sight) is due to the

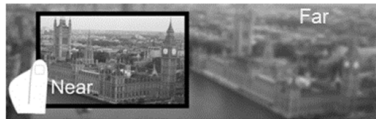
eye being too short causing a blurred image at the back of the



eye. Long sighted children may have reduced vision for near and distance, depending on strength of prescription.

Myopia (Short Sight) is due

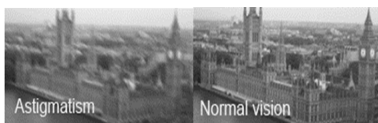
to the eye being too long causing a blurred image at the



back of the eye. Short sighted children will have reduced vision for distance but can be at all distances, depending on strength of prescription.

Astigmatism

is due to front surface of the eye being more



oval than round, as a result, vision is affected at all

distances. Your child may have a combination of any of the above.

WHAT DO I DO NOW?

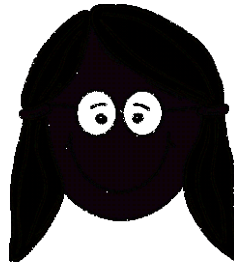
Take the prescription voucher to a local optometrist (optician) to choose a pair of glasses. This form should cover the total cost of the glasses; however certain frames and lenses may have an additional charge.



You may wish to visit a number of optometrists to find the best choice for your child. The staff in the shop will advise you on the most appropriate size/style of frame for your child. To ensure the most benefit from the glasses they must be fitted correctly by the optometrist or dispensing optician.

WHAT HAPPENS NOW WE HAVE THE GLASSES?

Encourage your child to wear the glasses all the time. This is a very important stage of your child's treatment so please persevere.



WILL MY CHILD ALWAYS NEED TO WEAR GLASSES?

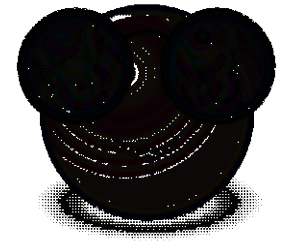
This will depend to some extent on the age of the child, the strength of the glasses and on whether they are also required as part of the treatment of squint or lazy eye. Your orthoptist will be able to help answer this question.

MY CHILD SAYS THEY CAN SEE BETTER WITHOUT THE GLASSES?

This is a common complaint at first. Your child may have had reduced vision for some time and now the brain and eyes have to learn to work together with the help of glasses. This can take some time and initially the glasses may not help the child very much. Once your child has settled into their glasses the vision should improve. Please persevere- this is a very important stage of the treatment.

THE GLASSES LOOK VERY STRONG?

If you do not wear glasses or your glasses are for a different condition, looking through your child's glasses may give the impression they are very strong. We measure and prescribe the glasses which will help your child to achieve the best possible vision



MY CHILD HAS BROKEN/LOST THEIR GLASSES?

Go back to the optometrist and the glasses will be repaired or replaced as necessary within a two year period of the prescription being issued. Your local optician is reimbursed by the NHS for this service. This will be different if you have paid towards your own glasses. Glasses cannot be repaired at the eye clinic.