

## How does the Doctor or Optometrist know my child needs glasses?

When your child needs a test for glasses an appointment with the Doctor or Optometrist will be arranged. For this appointment your child will need eye drops to dilate (enlarge) the pupils. This allows the Doctor/Optomtrist a good clear view of the back of the eye (retina). By moving a light beam across the back of the eye and using lenses of different strengths the Doctor/Optomtrist is able to judge what strength of glasses is needed.

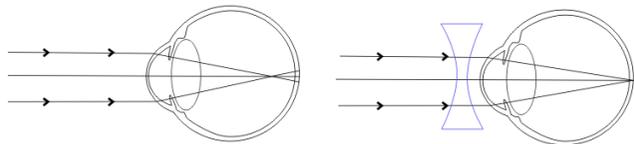
If your child needs glasses you will be given a form to take to the local Optometrist. This will have the relevant information for the Optometrist to make your child's glasses.

## Why are glasses prescribed for children?

Glasses are prescribed for children to improve vision, prevent and treat amblyopia or to correct eye muscle problems. Glasses may be required for:

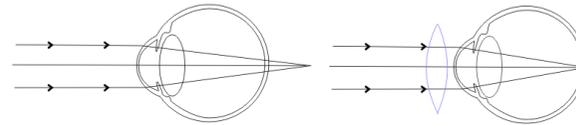
### **Myopia** (short sightedness)

Light focuses in front of, instead of on, the retina. Glasses help to focus the rays of light onto the retina. Vision is reduced for distance.



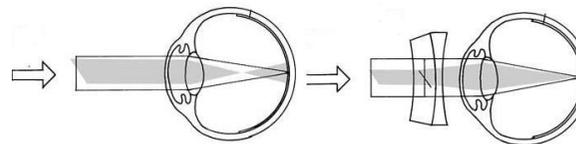
### **Hypermetropia** (long sightedness)

Light focuses in front of, instead of on, the retina. Glasses help to focus the rays of light onto the retina. Vision may be reduced for near and distance.



### **Astigmatism**

The front of the eye (the cornea) is an irregular shape; often described as a "rugby ball". This means that the rays of light cannot be clearly focused onto the retina. Both distance and near vision can be affected.



### **Anisometropia**

One eye is more long or short sighted than the other; each eye has a different focus. Therefore one lens will be stronger and will look thicker than the other.

### **Refractive Esotropia**

There is a link between the focusing muscles, which bring the eyes together when looking at objects close up. Some children with Hypermetropia over focus making the eyes turn in. This refractive

esotropia may be fully correctable with glasses.

## Should my child wear glasses all day?

In almost all cases, the glasses should be worn all day everyday to allow the brain to learn to recognise clear images and to give the most benefit. Some schools ask that the children remove their glasses for sport and playtime. Discuss with your Orthoptist what the best option is for your child. If school insists, please make sure your child or teacher replaces the glasses for the rest of the day.

## My child claims to see better without the glasses.

This is a common complaint, especially in the early days of glasses wear. It is important that you encourage your child to persevere as it does take time for the eyes and brain to adjust to the new lenses. If your child needs a prescription for only one eye they may not notice any improvement with the glasses on.

## Will my child always need to wear glasses?

This will depend on the strength of the glasses, development of the eyes and whether the glasses are required as part of the treatment for a squint or lazy eye. In some cases we won't know until later.

Will my child rely on the glasses?

Many people feel that the glasses make the vision worse, and make the child reliant on glasses. This is not true the eyes are not becoming worse, the child is becoming intolerant of the poor vision he/she has without them.

How can I keep the glasses on my child?

Select a frame that you and your child like. If possible involve your child in the selection, as he/she will be wearing the glasses. The frames you select should be comfortable, safe, sturdy and attractive. Ask advice from your optometrist which glasses are the most suitable for your child.

It is important that parents, teachers and other family members are positive about the glasses. Don't make a huge fuss about the glasses. Encourage the child to believe that the glasses suit him/her. Casually point out other children or adults with glasses and comment on how nice they look.

If your child is a baby or toddlers, try to distract them as soon as you put the glasses on. If your child removes them, replace them. If your child continues to remove them, put them aside for a while and try again later. Don't allow it to become a game or battle between you.

How do I find out more about my child's eye condition?

Your child and his/her glasses are individual; no two glasses should be compared. If you have any questions or difficulties with your child's eye and the treatment do not hesitate to ask your Orthoptist or Ophthalmologist for advice. With your child's records at hand, it is easier to answer any specific questions.

If you or your child has a community service card, funding for glasses may be available. More information can be found on the enable website:

<https://www.enable.co.nz/services/spectacles-subsidy>

**Children's books on glasses:**

- Arlo Nees glasses – Barney Saltzberg
- Peppa Pig: Peppa's first glasses
- Luna and the Big Blur – Shirley Day
- Princess Peepers – Pam Calvert
- Li can see just fine – Eric Barclay
- Douglas you need glasses – Ged Adamson
- Fancy Nancy and the Spectacular Spectacles - Jane O'Connor :

Orthoptist name:  
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Contact details:  
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New Zealand Orthoptic Society Inc.



# Glasses in Children

## Patient Information Leaflet