



Wearing Glasses

encouraging a child to wear glasses

How can parents, family, friends and school/nursery staff make a difference to encourage a child to wear glasses?

When ordering the glasses:

- ✓ Make the buying experience fun, let the child pick their own glasses.
- ✓ Turn the glasses into a fashion accessory or a themed pair of glasses.
- ✓ Ensure frames are a good fit.



After the glasses leave the Opticians:

- ✓ Check you understand what the glasses are for-
 - some glasses are for near vision (reading)
 - some are for distance vision (TV, whiteboard, playground)
 - some glasses help with both near and distance vision.
 - This is important to know, because if the glasses are for near vision, they will not need to be worn all day, whereas the distance or combined glasses will need to be worn all day.
- ✓ Once you know what the glasses are for, this can help you to encourage the child to wear them at the right times.
- ✓ Talk to the child about the benefits and be encouraging.
- ✓ Encourage the child to wear them regularly, make it a daily routine, like putting on their clothes.
- ✓ Encourage the child to take ownership and responsibility by keeping their glasses clean and safe.
- ✓ Make sure that they take their glasses to nursery/school every day, even if they are not keen to wear them.
- ✓ Show them that wearing glasses is more common than they think- show them pictures of famous people wearing glasses.
- ✓ Help them to understand that the glasses will make their life easier.

If the child is really reluctant to wear them:

- ✓ It is always worth taking the glasses back to the optician to be checked to make sure they have been made up correctly. Occasionally the wrong lenses are put in by mistake and if the child is young, they may not be able to explain that things aren't right ie they are not clear, or things are wobbly etc.

If the Optician confirms they are correct:

- ✓ Try picking certain tasks that the child must wear them for ie
 - if they like watching TV and they have glasses for distance vision only allow them to watch the TV when if they wear their glasses
 - if they like games/video's on an iPad and they have glasses for near vision, only allow them to have the iPad if they are wearing their glasses.
- ✓ Once they begin to wear them for the given tasks/activities, try to build it up for larger amounts of time/activities throughout the day (activities that link to the prescription of the glasses)

Remember, always be encouraging, use positive language and rewards if needs be, such as a sticker chart, and always try again every day- 7 days a week!



Please note the font used in this information leaflet is called Verdana and is used because it is one of the most visually friendly fonts for people with vision difficulties and is also Dyslexia friendly too.

Further information for support for children and young people with vision loss can be found on the Birmingham Local Offer website:

[Sensory Support Vision - Local Offer Birmingham](#)

January 2024