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JUST FOUND OUT THAT  
YOUR CHILD NEEDS  
GLASSES & **NOT SURE**  
**WHAT TO DO NEXT?**



Perspective Optometrists



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My daughter was 3 when we realised that she would need to wear glasses. For me, as an optometrist it was a relief that wearing glasses would help her see better and keep her eyes straight. In my mind (given my profession) getting a pair of glasses for her was a straight forward, simple solution which had an immediate benefit and positive impact on my child.

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**Often the understandable sequence of reaction from the parents are:**

## 1 SHOCK

Shock, followed by guilt for not noticing a problem. It is difficult to notice visual problems in young children as they may display behavioural signs such as poor concentration, lack of eye contact, avoiding certain tasks rather than visual signs. Don't beat yourself up about it.

Sometimes as parents we can be too close to see the problem. So it's best to get your child's eyes checked at least by the time they turn 2.5 - 3 and then at regular intervals as recommended.

## 2 DISBELIEF

Disbelief particularly if no-one else in the immediate family has sight related problems. It can be difficult to relate to and not all visual conditions are hereditary.



## 3 ACCEPTANCE AND RELIEF

Acceptance and relief once the benefits and positive impact that glasses can bring to a child are witnessed. It can be overwhelming but following through with the process to getting glasses and following the professional advice from the optometrist and dispensing optician can make it smoother. Children often take to wearing well fitted glasses quickly and this helps to re-assure us parents.

Choosing the right glasses for your child is so important. All too often children's eyewear is an afterthought and many opticians do not see the value of investing in good quality and well designed frames for children. I beg to differ, partly because having been through the process with my daughter, I SEE first- hand the benefit of well fitted, comfortable glasses which she is happy to wear all day long and often forgets to remove at bath time and bedtime.

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## Our top recommendations for choosing glasses for your child are:

- Like shoes, **glasses should fit well**. Buying a bigger size so that they last longer is not recommended. **Glasses need to fit well across the nose and behind the ears** and the eyes should be central within the frame so that the child is always looking through the lens and not above or below.
- **Sized down adult glasses do not work for young children**. Good children's glasses are designed especially for their facial features.
- **Lightweight** and **hypo-allergenic** materials are best.
- The lenses should also be **impact resistant** and **as thin as possible** to keep the weight down.
- **Two pairs are a necessity for most children**. Their glasses will get heavy use and there will be many a day when you will be thankful that you have a second pair of glasses for them.
- Sports glasses that are cushioned and impact resistant are ideal for sports such as football, tennis, hockey, squash and netball. Prescription swimming goggles can also make a massive difference to how confident your child feels in the water. **One pair of glasses for every activity will take its toll**.





Some of the families that we have seen at Perspective Optometrists over the years have shared their individual experiences below:

**I** I was prompted to get my daughter's eyes tested shortly after her fourth birthday. Prior to that I had often remarked that she became badly co-ordinated when she was tired and she had a couple of trips and falls that had resulted in trips to A&E. Initially I hadn't connected these to her eyesight as she had no issues at nursery or when doing things like drawing or crafts - and since I had no eyesight issues as a child it just didn't occur to me. After the third fall, however, it seemed like something worth checking so we made an appointment with Rupal at Perspective.

She made the adjustment to wearing glasses really well but in the follow up consultation it was established that her good eye was becoming dominant and the weaker eye was becoming lazy. The tried and tested method to address this is to wear a patch for a few hours every day and there was a selection of patches in fun colours and patterns that fitted easily over my daughter's glasses. I was a bit nervous about how she would cope with only using one eye but she had been put at ease really well by Rupal and was very brave. We also found it helpful to have a good chat with her teacher at nursery who looked out for her when she was wearing the patch and helped the other children to understand what was happening. After a few months of wearing the patch for a couple of hours a day, she had made such good

progress that we could reduce it to an hour a day, and then before long she stopped needing it completely. She is now almost 7 and her prescription has completely stabilised with no further need for the patch. She is much less clumsy when she's tired and her hand/eye coordination has improved a lot. She is always happy to go for her check up appointments and she wears her glasses all the time apart from for swimming - they are comfortable and secure enough for sports and all kinds of rough play with her big brother!

The whole process has been very straightforward and un-stressful - we are grateful to have had plenty of support from Perspective and to have been able to get on top of the issues with my daughter's eyesight when she was so little. **W**

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**Charlotte F**

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**When my daughter was five years old I organised a routine eye appointment with Rupal for her as I already went to Perspective Optometrists for myself and was very happy with the service that I received.**

During the check up Rupal found Sophie to have a 'lazy eye' which needed immediate attention to enable her to use her left eye to maximum capacity. If it hadn't been picked up during what started out as just a routine eye check, Sophie could have lost the use of one eye later in life.

The team at Perspective have always been thorough and also sensitive to Sophie's needs. We were given the best advice on what frames

and lenses are best for Sophie and made sure her glasses always felt comfortable and looked good on her. This made the whole experience a lot easier and put my daughter and myself and husband at ease.

I would recommend Perspective Optometrists to anyone with children and also for adults as my whole family use them.

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**Sarah M**

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**Perspective Optometrists were recommended to us when we discovered that our 5-yr old needed glasses with a rather heavy prescription. Paul saw Rupal for a second opinion and she was amazing, both with Paul and with us as we were very worried. She was patient, gentle with the children and extremely thorough.**

Quite interestingly Paul always complained about the drops in his eyes with our previous optometrist but never felt any pain when done at Perspective. Their skilfulness was also praised by the team of ophthalmologists that Paul now sees at the hospital.

The whole team at Perspective Optometrists is patient and kind, always smiling! They know their clients very well (they know all my kids' names),

they have a beautiful range of glasses and they are always offering to order more if they feel that another pair of glasses would suit their client best. They give excellent advice, both for adults and children, in terms of design but also weight, comfort and best adapted frame depending on the prescription.

All our family now goes there and I highly recommend them to anyone!"

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**Camille**

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