

## Tips to encourage your child to wear their glasses



### 1. Talk About it

Start a conversation with encouraging words and a positive attitude.



### 6. Pretend

Wear fake glasses to help your child have a smoother transition.



### 2. Read Books

Reading books that talk about wearing eyeglasses can be a good way to start a conversation with your child regarding how they feel about going to the optometrist and getting glasses.



### 7. It's a Super Power

Refer to glasses as a superpower or magical tool that will help see the world differently.



### 3. Let your child choose the frame

This will help your child get excited about wearing glasses. Make sure that the glasses fit well. Durable and light frames are recommended for young children.



### 8. Point out people your child knows or has seen on tv that wear glasses

If anyone you know wears glasses, encourage them to share their experience with your child.



### 4. Build confidence one step at a time

If your child is struggling with wearing their glasses, try having them wear them for short periods. Start with periods of 10 minutes and add time as they get more comfortable.



### 9. Create a Daily Routine

Make wearing glasses part of your child's fun and exciting daily routine. Prevent glasses from getting lost or broken by having a special box and place for them.



### 5. Connect with your child's Teacher

Let your child's teacher know that your child has been prescribed glasses. Teachers can play a vital role in this transition and provide tips to encourage your child to wear their glasses during school.



### 10. Celebrate your child's first pair of glasses