

Classes are an important part of your child's eye care. They can do a number of things including:

- Help your child see better
- Help keep your child's eyes straight
- Help your child develop normal vision
- Treat abnormal vision in one or both eyes

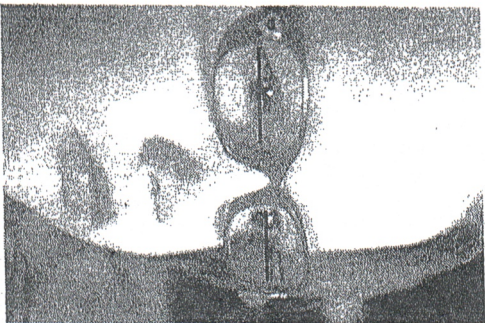
Your child should wear his/her glasses during the following activities:

- _____ All the time
- _____ At school
- _____ While reading
- _____ For distance

This guide will help you understand how to choose and care for your child's glasses.

Special Cases

For children who need bifocals, the bifocal lines should go through the middle of your child's pupil.

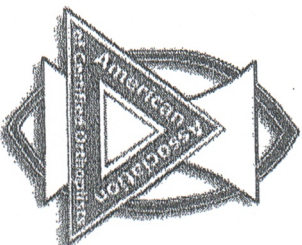


For infants or small children, plastic frames with bands around the head are available for a safe and secure fit.



Selecting Children's Glasses

What Every Parent Should Know



Compliments of your Ophthalmologist

Pediatric Ophthalmology & Adult Strabismus
Univ. of Iowa Hospitals & Clinics
200 Hawkins Drive
Iowa City, IA 52242
(319) 356-2859

Choosing an Optical Shop

Use an optical shop that works with kids often. These shops will have a better selection of children's frames and be more experienced at fitting glasses for children.

Children are very active and will need their glasses adjusted often, so choose an optical shop in a convenient location for you.

Picking Lenses

Polycarbonate (shatter proof) lenses may be recommended by your eye doctor to protect your child's eyes. This type of lens also has built-in UV protection to block harmful rays from the sun.

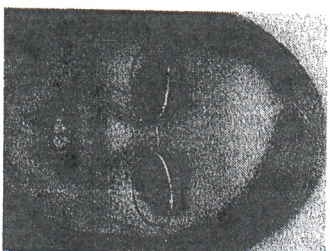
Polycarbonate lenses can be cleaned with warm, soapy water or special glasses cleaner available at your optical shop.

Choosing a Frame

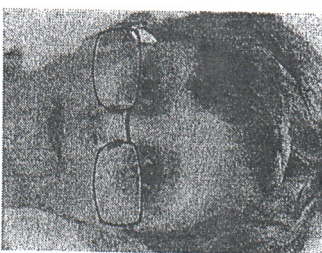
The size of the frames must fit your child's face.



Too small



Good fit



Too big



Good fit

Frames should not touch the cheeks or eye lashes.

Eyes should look centered when looking straight at the child.

The frame should be adjusted to fit your child. Both the earpieces and the nose pads can be adjusted.

Do not try to adjust the frames yourself, as this can break them.



Temple too short Proper fit of temple

Helpful hints

- It is normal to take 1-2 weeks for your child to get used to the glasses. If you are concerned, contact your local eye doctor so they can make sure the glasses were made correctly.
- Teach your child to put their glasses in their case when they are not wearing them.
- Encourage your child to look through the glasses, not over them.
- Do not place the glasses face down, as this may scratch the lenses.
- For active children, straps are available to help prevent the glasses from falling off.