My First Pair of Glasses!

Advanced Reader Version

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The doctor told me I need glasses.
Glasses will help my eyes to see better.
I tried different glasses on my face.
I liked the pink glasses the most.
They adjusted my glasses to fit my face.
We went to pick up my glasses when they were ready.
They made my glasses just for me.
I was not sure if I would like to have glasses on my face.
But then I put them on, and I could see more clearly!
I do not wear my glasses when I take a bath or when I sleep.
I wear my glasses all day so I can see.
I see my friends and family with my new glasses!
Parent Tips - How to Help Your Child Adjust to Their New Glasses!

➔ At the Optical Shop:

◆ Choose glasses that are *comfortable* and make your child *feel good*.

◆ Consider factors such as:
  - Nose pads
  - Weight
  - Flexibility
  - Durability
  - Frames that account for hearing aids or facial features that may affect comfort

◆ *Limit options* to choose from instead of asking your child to look around when selecting.
More Parent Tips!

→ **Introducing Them to Their New Glasses:**

1. **Model** wearing your own glasses.

2. Use many **positive words** to describe the glasses
   ○ “Your new glasses are so cool!”
   ○ “Your eyes are going to see so well!”

3. Let them **look** at the glasses and **hold** them before placing them on their face.

4. Point out other children wearing glasses.

→ **Wearing Their New Glasses:**

1. Put their **favorite** TV show on the television and have them watch it in their new glasses.

2. **Gradually add** more activities for your child to do while wearing their glasses

3. Try to make it fun! Offer rewards and use motivating activities.
   ○ For example, “First glasses, then playground.”

4. Your child’s therapist can help them adjust to the glasses.

5. Once gradual wear is achieved and sensory needs are addressed, make it a **rule** that glasses are on from morning to night time if full-time wear is recommended by doctor.
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