My First Eye Exam!

Advanced Reader Version

Martha Eliot Health Center at Boston Children’s Hospital

Anisha Pande and the Martha Eliot Optometry Department
Hi! My name is Evie!
Today I am going to the eye doctor.
We check in at the front desk.
I sit in the waiting room.
The technician says, “Hi Evie! It is your turn!”
I walk inside a special room and sit in a big chair.
The doctor comes in and talks to us.
The doctor gives me cool glasses to put on.
The doctor shows me shapes, letters, or lines.
I might point to match shapes on a card
The doctor asks me to look at her flashlight.
I follow the sticker with my eyes.
I point to shapes that look like they are jumping off the page.
The doctor shines a light in my eyes. I look up, down, left, and right.
The doctor gives me drops in my eyes.
The eye drops are like water, and they tickle and feel a little funny for a short time.
We wait in the waiting room. My vision is blurry, but that is normal.
The doctor calls me back to the room and turns off the lights.
I am scared. Mom sings me a song. I feel better.
I get a cool pair of sunglasses to wear home!
All done! The doctor says, “Good job, Evie”, and I say goodbye.
We leave the room and pick out new glasses.
Time to go home!
Parent Tips - Try it yourself!

✓ You can help prepare your child for an eye exam at home by practicing identifying shapes with your child beforehand. This will help your child get comfortable with recognizing shapes, and be that much more prepared for their eye exam!

Let’s play a game:
Name these shapes!

- Square
- Circle
- Heart
- Triangle
- Oval

✓ You can help prepare your child for an eye exam at home by practicing covering their eye! This will help your child get comfortable with placing a hand over their eye or wearing a potential eye patch!

Pretend you’re a pirate:
Cover your eyes with your hand and pretend you’re wearing an eye patch!
More Parent Tips!

✓ You can help prepare your child for an eye exam at home by using artificial tears beforehand as "practice" for real eye drops. This will help your child get comfortable with having eye drops in their eyes during the actual eye exam!
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