My First Eye Exam!

Early 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 go to the eye doctor.
We check in.
I sit and wait.
They call my name!
I sit in a big chair.
The doctor comes in.
I put on cool glasses.
I see shapes, lines, and letters.
I point to the shapes.

I point to shapes.
I look at a flashlight.
I look at a sticker.
These shapes jump!
The doctor uses a flashlight.
I get eye drops.
The drops are like water and tickle.
I see blurry but I am okay.
I go back in. It is dark.
I am scared. Mom sings me a song. I feel better.
I get cool sunglasses.
All done!
I pick 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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For more information please contact either Dr. Amy Moy at moya@neco.edu, Dr. Jennifer Reilly at reillyj@neco.edu, or call our clinic at 617-971-2100.

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