

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!



Hi!



My



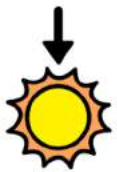
name



is



Today I am going to the eye doctor.



Today



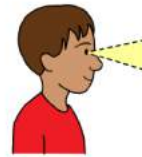
I



go



to



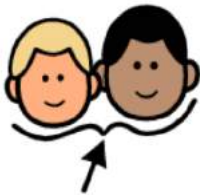
eye



doctor



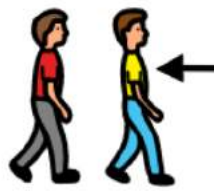
We check in at the front desk.



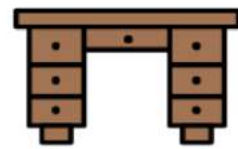
We



check in



front



desk



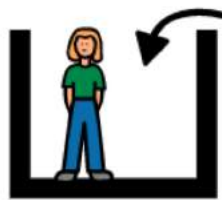
I sit in the waiting room.



I



sit



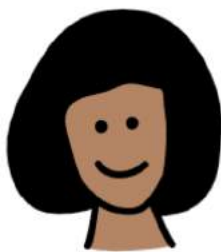
in



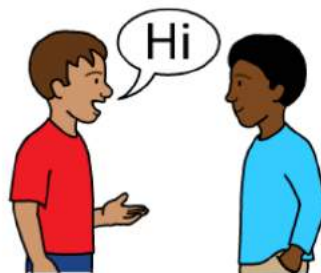
waiting
room



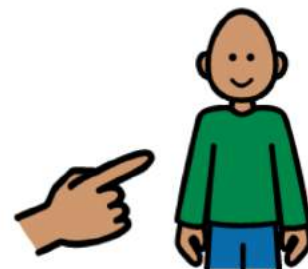
The technician says, "Hi Evie! It is your turn!"



Technician



says hi



your turn



I walk inside a special room and sit in a big chair.



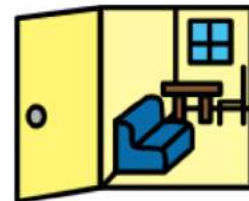
I



walk



inside



special room



sit in



big



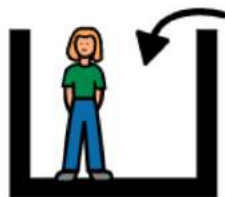
chair



The doctor comes in and talks to us.



The doctor



comes in



talks to



us



The doctor gives me cool glasses to put on.



The doctor



gives



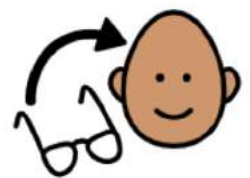
me



cool



glasses



to put on



The doctor shows me shapes, letters, or lines.



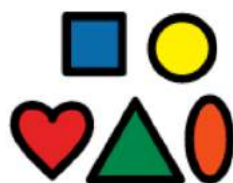
The doctor



shows



me



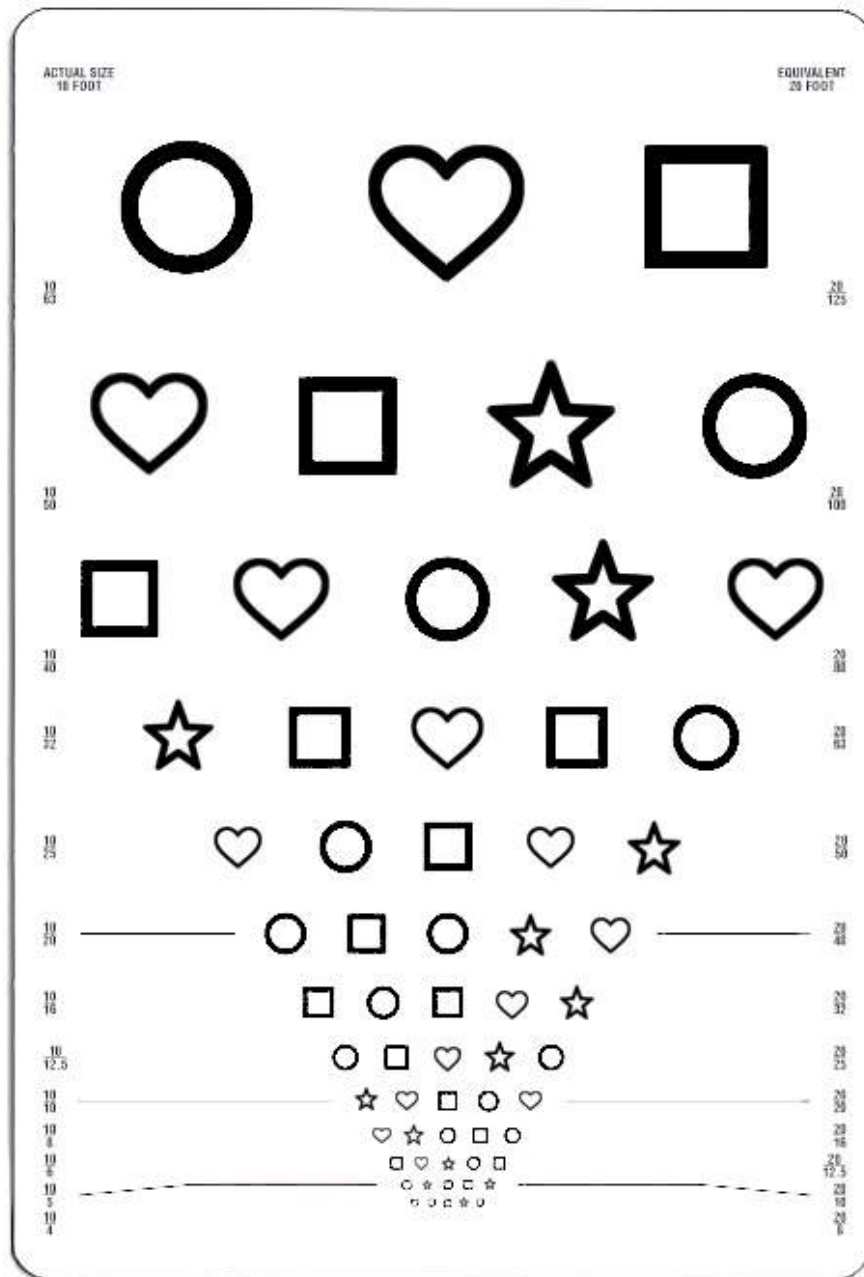
shapes



letters



lines



I might point to match shapes on a card



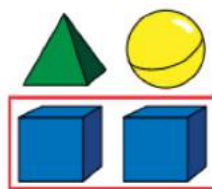
I



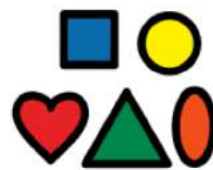
might



point to



match



shapes



on card



The doctor asks me to look at her flashlight.



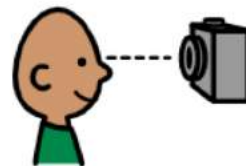
The doctor



asks



me



look at



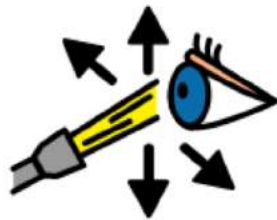
flashlight



I follow the sticker with my eyes.



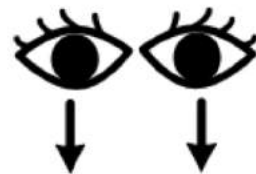
I



follow



sticker



with eyes



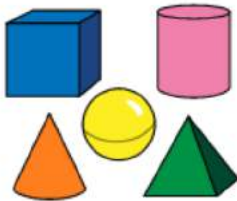
I point to shapes that look like they are jumping off the page.



I



point to



shapes



jump off



page



The doctor shines a light in my eyes. I look up, down, left, and right.



The doctor



shines



a light



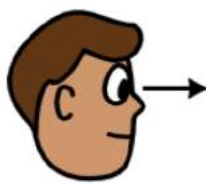
in my



eyes



I



look



up



down



left



right



The doctor gives me drops in my eyes.



The doctor



gives



me



eye drops



The eye drops are like water, and they tickle and feel a little funny for a short time.



Eye drops

are like

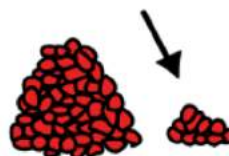
water



they tickle



feel



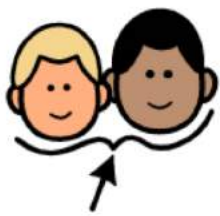
a little



funny



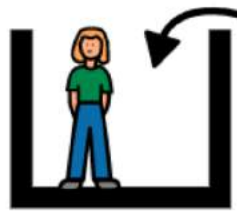
We wait in the waiting room. My vision is blurry, but that is normal.



We



wait



in



waiting
room



My



vision



is blurry



but



that is



normal



The doctor calls me back to the room and turns off the lights.



The doctor



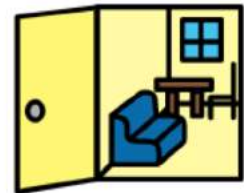
calls



me



back



to room



turns off



light



I am scared. Mom sings me a song. I feel better.



I



am scared



Mom



sings



me



a song



I



feel



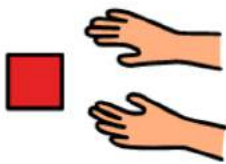
better



I get a cool pair of sunglasses to wear home!



I



get



cool



sunglasses



to wear



home



All done! The doctor says, "Good job, Evie", and I say goodbye



All done



The doctor



says



good job



I



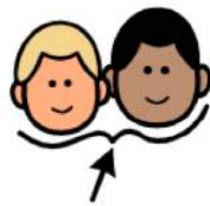
say



goodbye



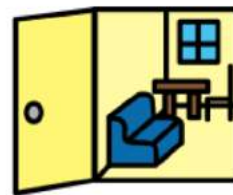
We leave the room and pick out new glasses.



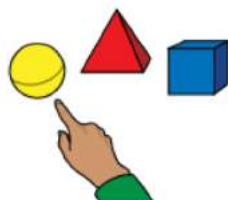
We



leave



room



pick out



new



glasses



Time to go home!



Time



to go

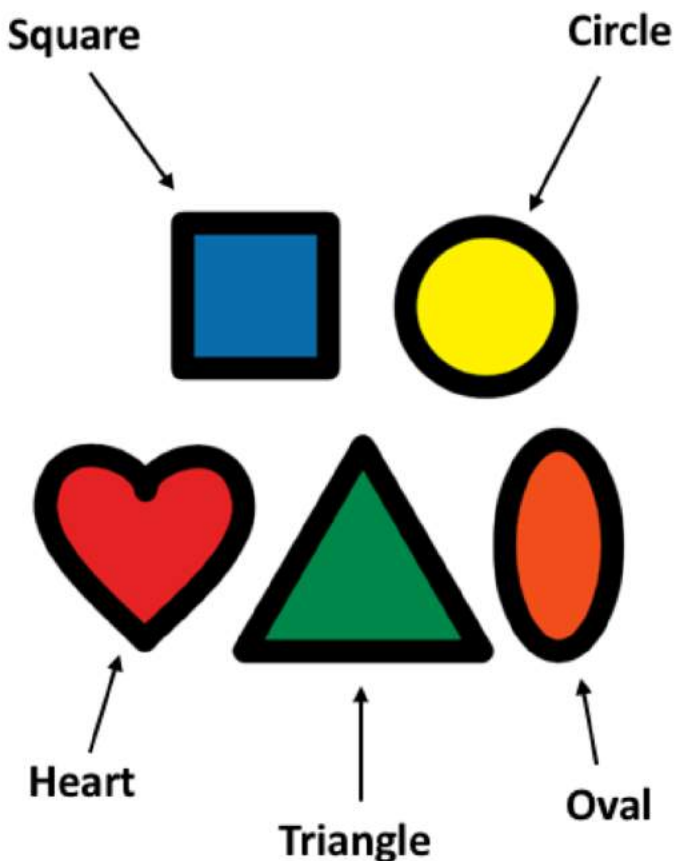


home

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!

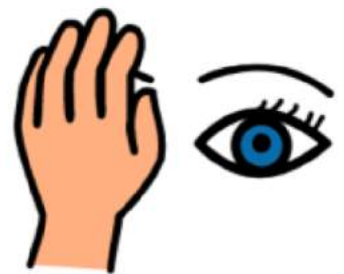


- ✓ You can help prepare your child for an eye exam at home by practicing covering their eye! This will help your child get comfortable with placing a hand over their eye or wearing a potential eye patch!

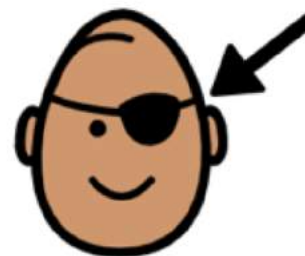
Pretend you're a pirate:
Cover your eyes with your hand and pretend you're wearing an eye patch!



Pirate



cover eye



eye patch

More Parent Tips!

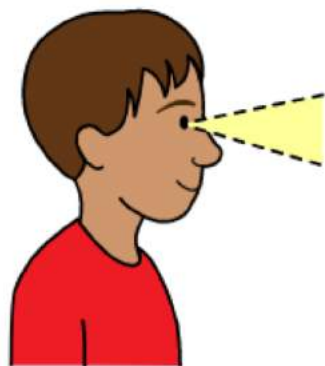
- ✓ You can help prepare your child for an eye exam at home by using artificial tears beforehand as "practice" for real eye drops. This will help your child get comfortable with having eye drops in their eyes during the actual eye exam!



Eye



drops



Eye



exam

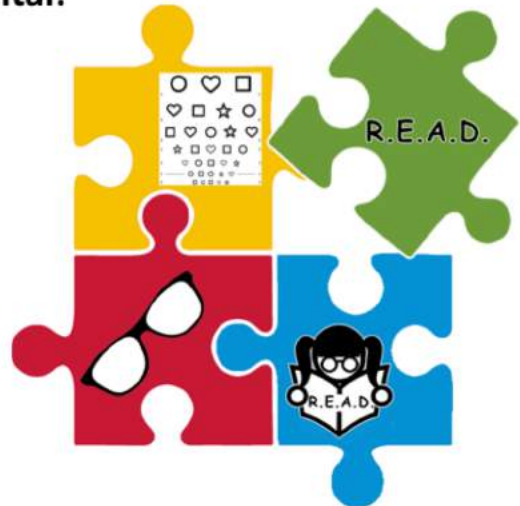
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