

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!



Hi!



My



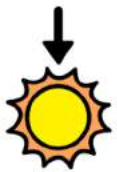
name



is



Today I go to the eye doctor.



Today



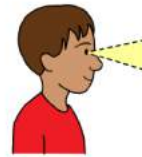
I



go



to



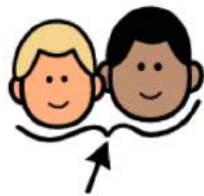
eye



doctor



We check in.



We



check in



I sit and wait.



I



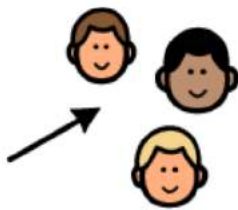
sit



and wait



They call my name!



They



call



my



name



I sit in a big chair.



I



sit in



big



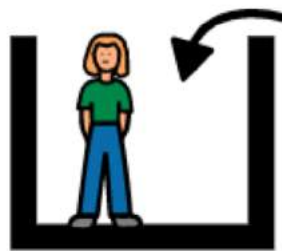
chair



The doctor comes in.



The doctor



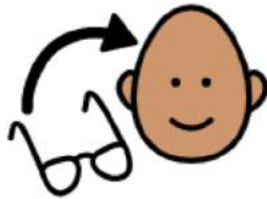
comes in



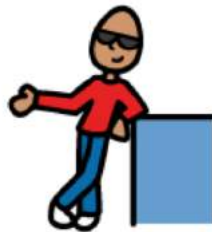
I put on cool glasses.



I



put on



cool



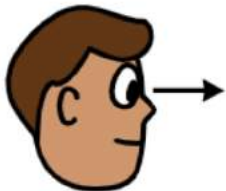
glasses



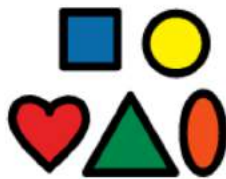
I see shapes, lines, and letters.



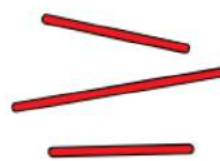
I



see



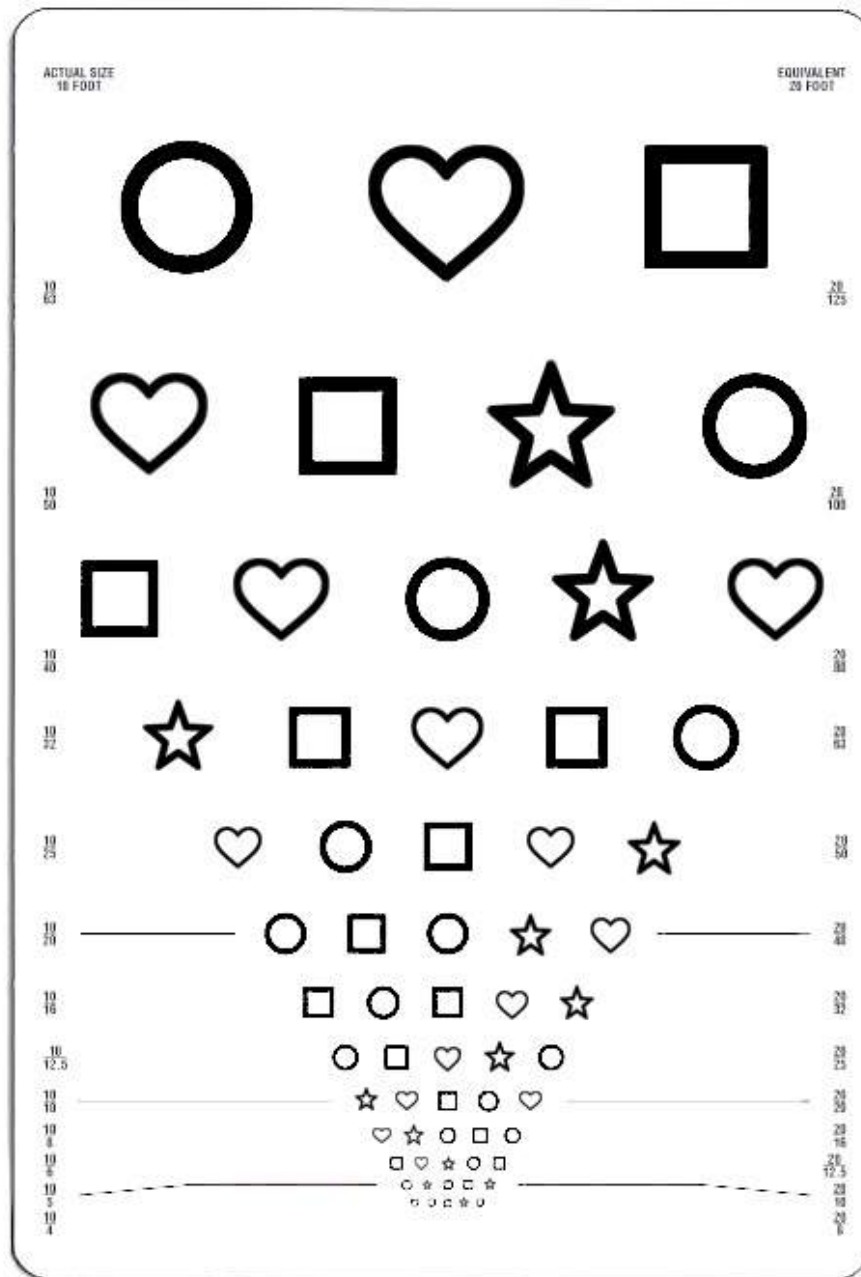
shapes



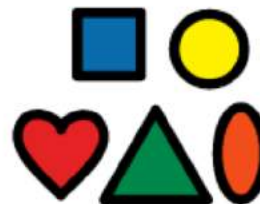
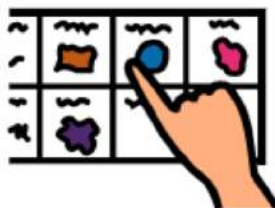
lines



letters



I point to the shapes.



I

point to

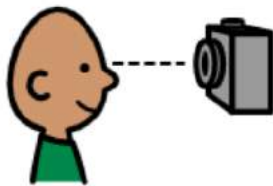
shapes



I look at a flashlight.



I



look at



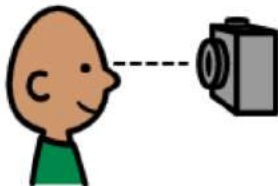
flashlight



I look at a sticker.



I



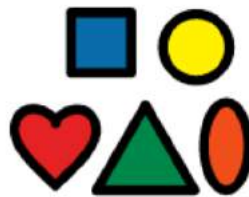
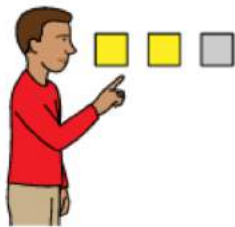
look at



sticker



These shapes jump!



These

shapes

jump



The doctor uses a flashlight.



The
doctor



uses



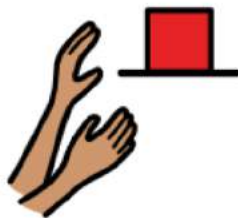
flashlight



I get eye drops.



I



get



eye drops



The drops are like water and tickle.



Drops

are like

water

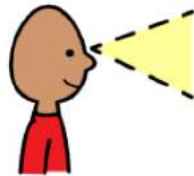
and tickle



I see blurry but I am okay.



I



see



blurry



but



I



am okay



I go back in. It is dark.



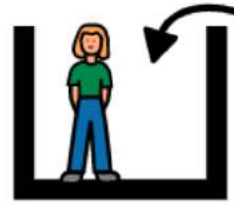
I



go



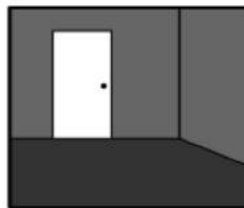
back



in



It is



dark



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



I



am scared



Mom



sings



me



a song



I



feel



better



I get cool sunglasses.



I



get



cool



sunglasses



All done!



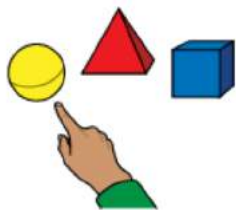
All done



I pick new glasses.



I



pick



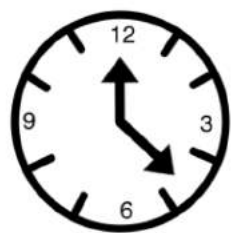
new



glasses



Time to go home!



Time



to go

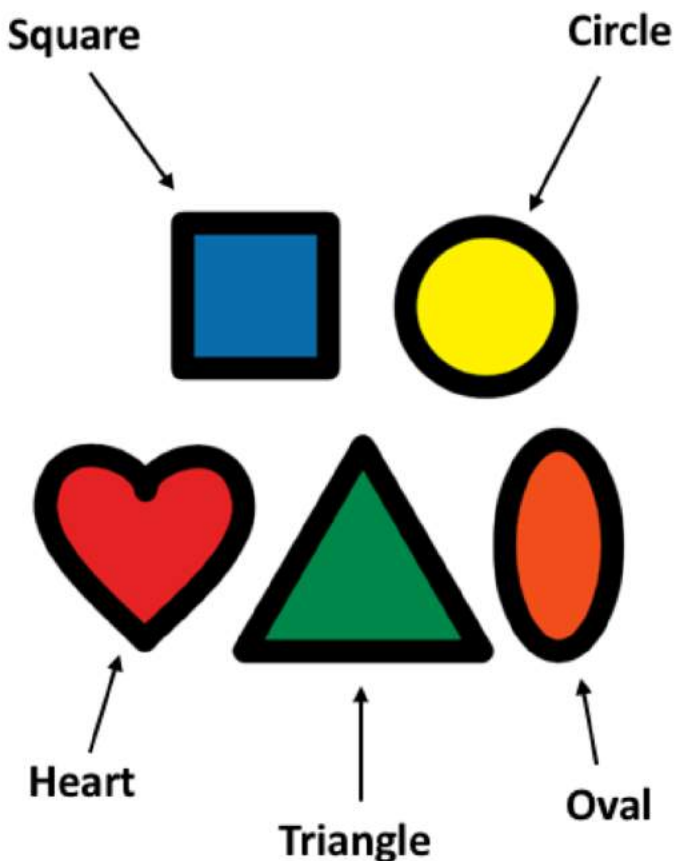


home

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!

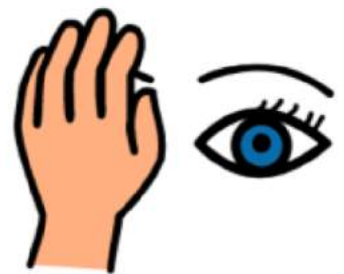


- ✓ You can help prepare your child for an eye exam at home by practicing covering their eye! This will help your child get comfortable with placing a hand over their eye or wearing a potential eye patch!

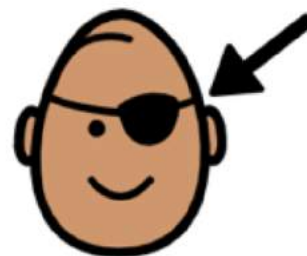
Pretend you're a pirate:
Cover your eyes with your hand and pretend you're wearing an eye patch!



Pirate



cover eye



eye patch

More Parent Tips!

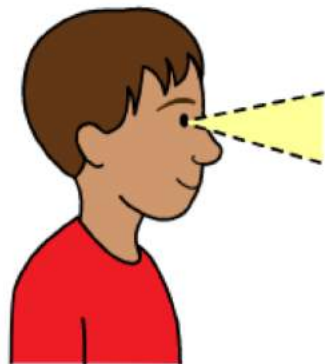
- ✓ You can help prepare your child for an eye exam at home by using artificial tears beforehand as "practice" for real eye drops. This will help your child get comfortable with having eye drops in their eyes during the actual eye exam!



Eye



drops



Eye



exam

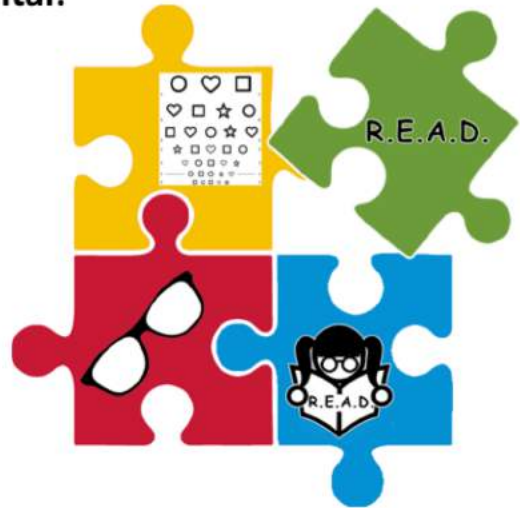
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