

My First Pair of Glasses!

Advanced Reader Version

Written by:

Anisha Pande, Katje Windel, Caroline Kucha

Dr. Amy Moy, OD, FAAO

Dr. Jennifer Reilly, OD, MS, FAAO

Dr. Jacky Kong, OD, FAAO

Dr. Linda Pham, OD, FAAO

Dr. Rebecca Morrin, OD



The doctor told me I need glasses.



The doctor



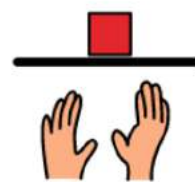
told



me



I



need



glasses



Glasses will help my eyes to see better.



Glasses



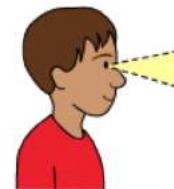
help



my



eyes



to see



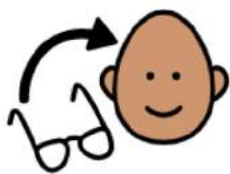
better



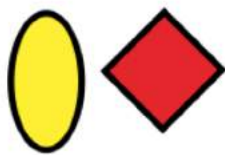
I tried different glasses on my face.



I



tried



different



glasses



on my



face ⁴



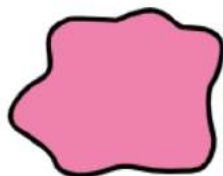
I liked the pink glasses the most.



I



liked



the pink



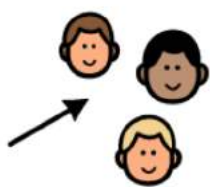
glasses



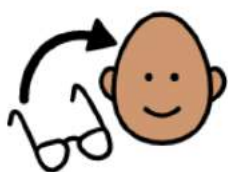
most



They adjusted my glasses to fit my face.



They



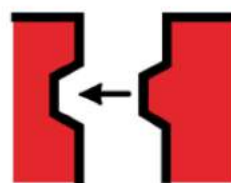
adjusted



my



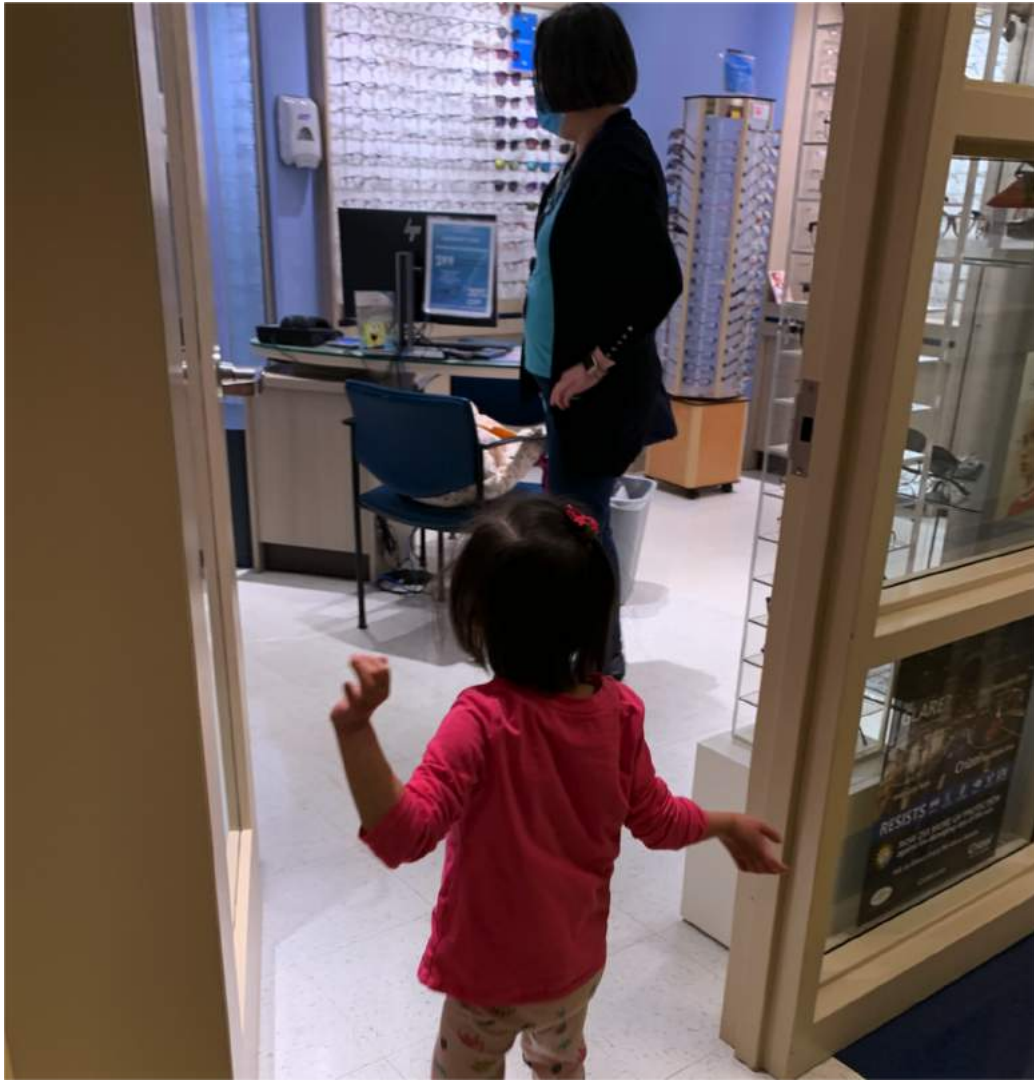
glasses



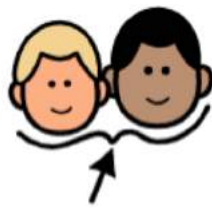
to fit



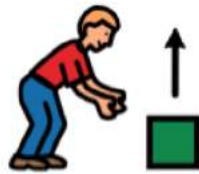
my face₆



We went to pick up my glasses when they were ready.



We



pick up



my



glasses



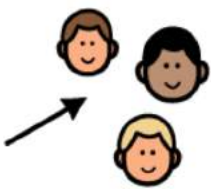
they



were ready



They made my glasses just for me.



They



made



my



glasses



just for



me



I was not sure if I would like to have glasses on my face.



I



was not



sure



if



I



would like



glasses



on



my



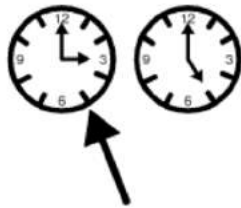
face



But then I put them on, and I could see more clearly!



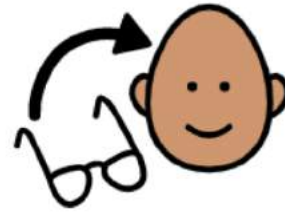
But



then



I



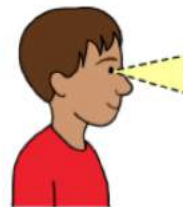
put them on



I



could



see



I do not wear my glasses when I take a bath or when I sleep.



I



do not



wear



my



glasses



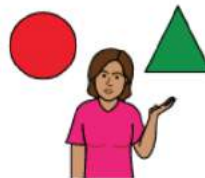
when



I



bathe



or



sleep



I wear my glasses all day so I can see.



I



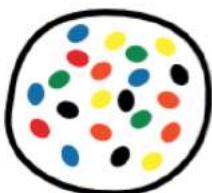
wear



my



glasses



all



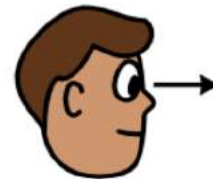
day



so I



can



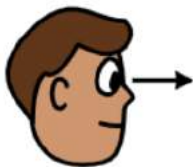
see



I see my friends and family with my new glasses!



I



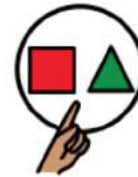
see



my



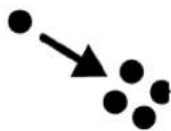
friends



and



family



with



my



new

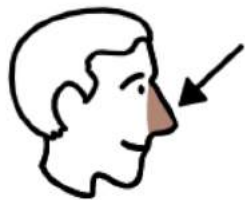


glasses

Parent Tips - How to Help Your Child Adjust to Their New Glasses!

→ At the Optical Shop:

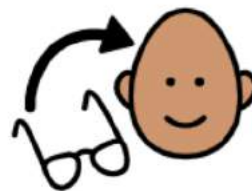
- ◆ Choose glasses that are **comfortable** and make your child **feel good**.
- ◆ Consider factors such as:
 - Nose pads
 - Weight
 - Flexibility
 - Durability
 - Frames that account for hearing aids or facial features that may affect comfort
- ◆ **Limit options** to choose from instead of asking your child to look around when selecting.



Nose pads



Durability



Frames

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.

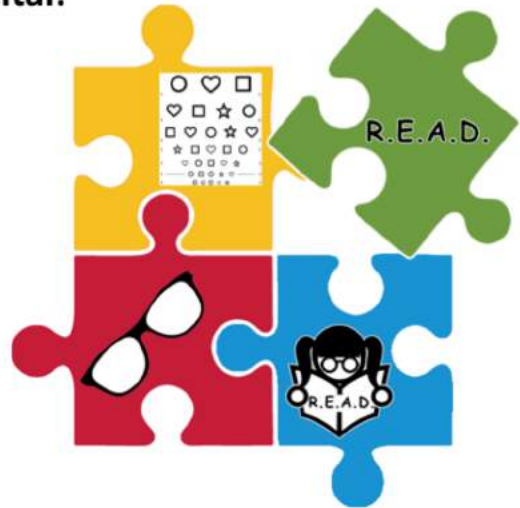
Acknowledgements

Many thanks to all whose work, research, support helped in the creation of this book.

With special thanks to...

The Optometry Department team at the Martha Eliot Health Center at Boston Children's Hospital:

- Dr. Amy Moy OD, FAAO
- Dr. Jennifer Reilly OD, MS, FAAO
- Dr. Jacky Kong OD, FAAO
- Dr. Linda Pham OD, FAAO
- Anisha Pande, BS
- Alejandro Vermeulen, Spanish Interpreter
- Krista Popek, Speech Language Pathologist
- Our Model: Evie
- Northeastern University Capstone Project



Especially thank you to the generous funding of the American Optometric Association Optometry Cares Healthy Eye Healthy Children Grant along with the Essilor Vision Foundation:

Resources, Education, & Access for Children with Disabilities



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.

Thank you to all without whom this project would not have been possible.

Picture Communication Symbols ©1981–2020 by Mayer-Johnson LLC. All rights reserved worldwide. Used with permission.