

My First Pair of Glasses!

Early Reader Version

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The doctor said I need glasses.



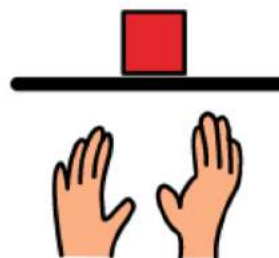
The doctor



said



I



need



glasses



Glasses will help me see better.



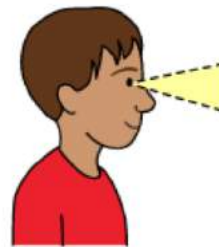
Glasses



help



me



see



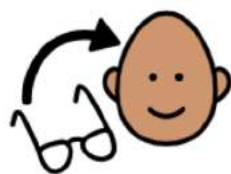
better



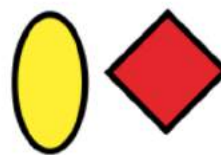
I tried different glasses.



I



tried



different



glasses



I liked the pink glasses.



I



liked



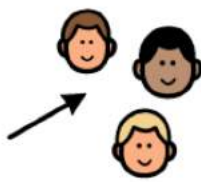
the pink



glasses



They measured my face.



They



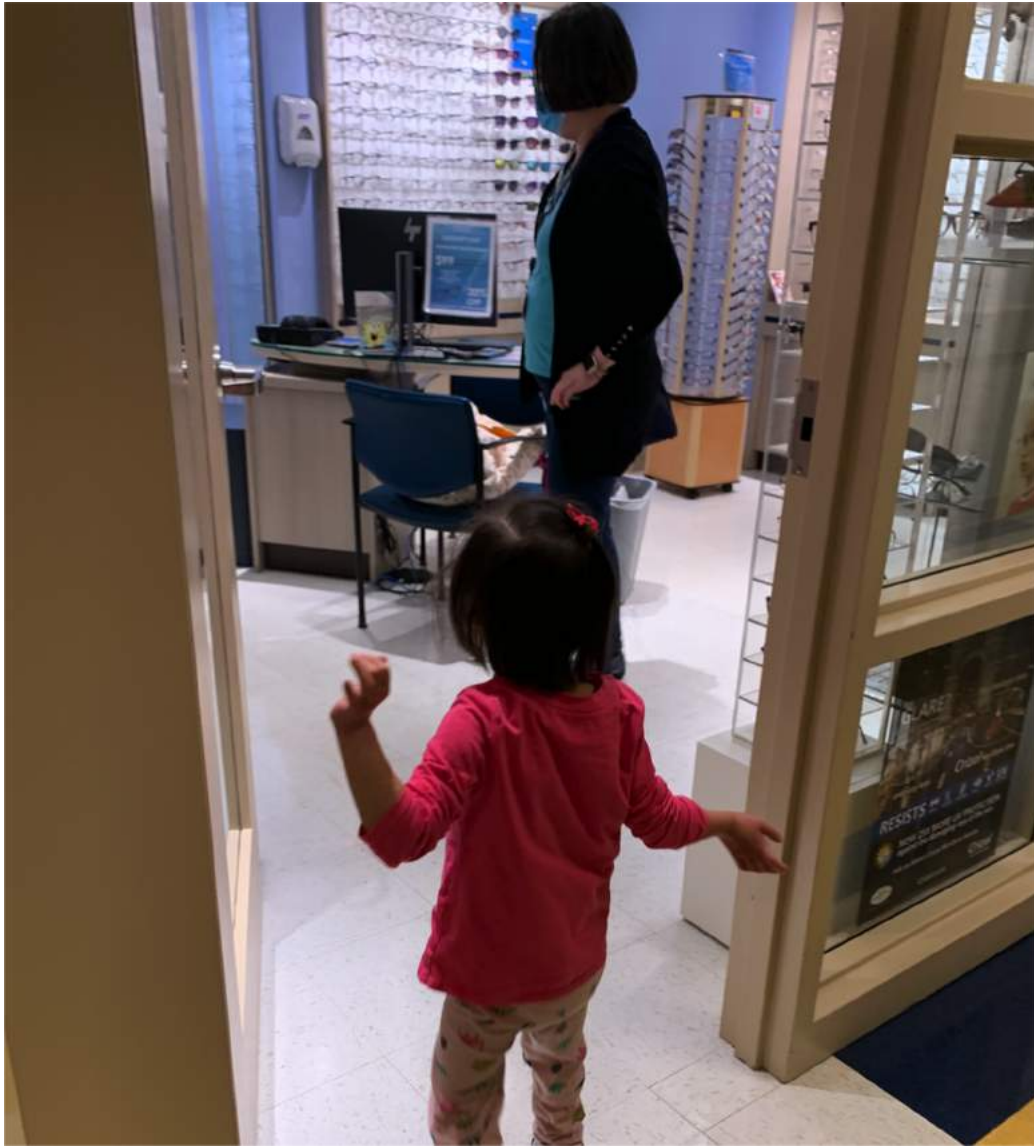
measured



my



face



After one week, we got my glasses.



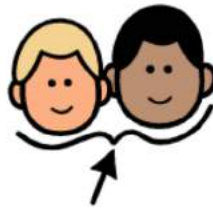
After

1

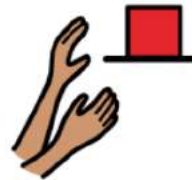
one

Su M T W
Th F Sa

week



we



got



my



glasses



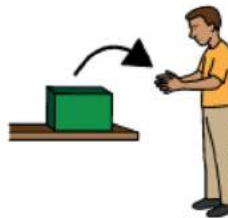
The glasses were just for me.



Glasses



were just



for



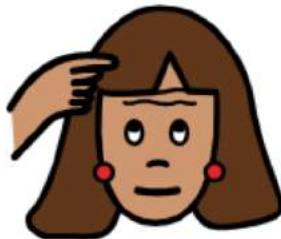
me



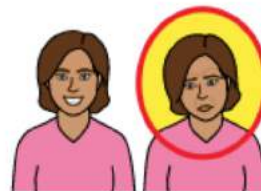
The glasses felt different.



The glasses



felt



different



But now I see clearly!



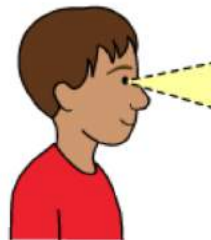
But



now



I



see



clearly



I take off my glasses to bathe or sleep.



I



take off



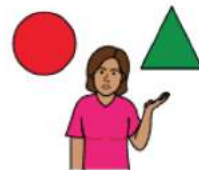
my



glasses



to bathe










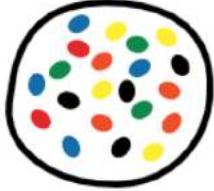
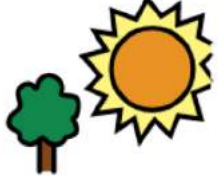
or



sleep



I wear my glasses all day.

      
It is important I wear my glasses
 
all day



I love my new glasses!



I



love



my



new

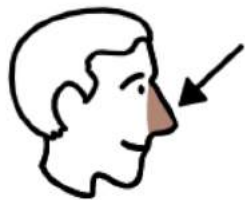


glasses

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

→ At the Optical Shop:

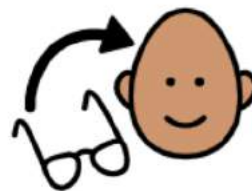
- ◆ Choose glasses that are **comfortable** and make your child **feel good**.
- ◆ Consider factors such as:
 - Nose pads
 - Weight
 - Flexibility
 - Durability
 - Frames that account for hearing aids or facial features that may affect comfort
- ◆ **Limit options** to choose from instead of asking your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

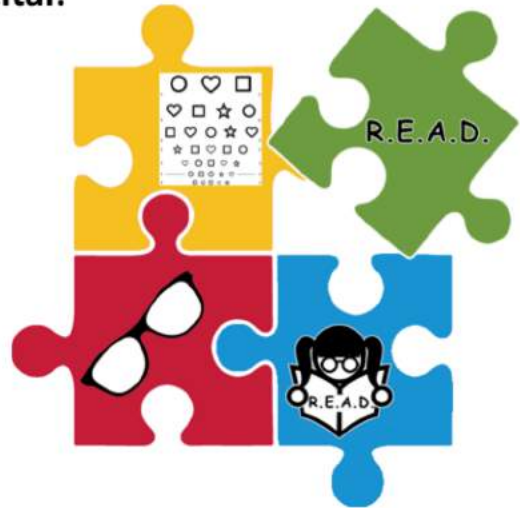
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