
How to Get Your Child to Wear Glasses

Posted by Jendar - 2009/12/30 00:23

This thread discusses the Content article: [How to Get Your Child to Wear Glasses](#)

I am new to this forum. I just found out yesterday that my baby needs glasses. I feel really bad because I was to take her back to the Dr. at 6 months and waited till 14 month. I know it will be harder for her to get her to wearing them now. I wear glass or contacts and decided to wear my glasses for the next month to help her adjust to them. Her glasses wont be in till next week. Today she was taking mine on and off. I was hoping to find a kids book about kids wearing glasses and can't find anything. I was wondering if anyone knows of any kids book about having to wear glasses. She is very smart and loves to be read to. I was thinking it would be one more way to help her adjust to them. Please help if you can. Thank you

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Re:How to Get Your Child to Wear Glasses

Posted by AnnZ - 2010/01/04 12:32

Hi Jendar, and welcome! My daughter got glasses at 14 months old as well. You're right, it is hard at first, especially if she's farsighted because she can still focus without her glasses (it just strains her eyes). I think your decision to wear your glasses for the next month is a great one. My daughter was really big on imitation at 14 months, and I think it helped a lot that she saw me and her dad, and even her grandparents wearing glasses. In fact, some days if she didn't want to put on her glasses, I'd let her put my glasses on my face (with some assistance so I wouldn't lose an eye :)) and then she'd let me put her glasses on her face.

Here's some other thoughts:

Books for kids wearing glasses - I keep a list here: <http://littlefoureyes.com/books-for-kids/>

Your daughter will probably take off her glasses a lot at first. Just set them back on her face with a smile, but don't make a big deal out of it. If she gets really upset and fights you, set them aside for maybe 5 - 10 minutes until she calms down and try again. Don't make it into a power struggle and stay positive (even though that's really hard).

Whenever you put her glasses on, have something to distract her with immediately. Zoe took her glasses off whenever she was bored. Some parents have had good luck taking their children to someplace new and putting their glasses on there - the kids are too distracted by all the new things to look at to take them off.

We also ended up taking off her glasses whenever she was in the car for the first few months for that reason - she'd take off her glasses and then play with them.

Make sure her glasses are adjusted correctly, and don't be afraid to go back to the glasses shop regularly to get them to fit. We were there nearly every week in the beginning. And if the glasses are sliding down, or hurting your child, she'll be less likely to tolerate them.

A couple other sites to check out:

A child's eyes: this is written by an master optician who specializes in fitting glasses for children:
<http://achildseyes.com/indextwo.html>

Little four eyes: this is my site, it's a blog aimed at parents of young children in glasses: <http://littlefoureyes.com/>

Good luck and let us know how it goes!

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Re:How to Get Your Child to Wear Glasses

Posted by Squiffy - 2010/01/08 06:40

hi there i have 4 babies with glasses now but for my son who will be 3 in april he got them first and he was 1yr i struggled for months to no avail untill one day i came across this awesome website who created a way to keep them on it only took 6 mnths and he didnt need the retainer anymore i recomend it to everyone i can and in fact have just bought one for our new baby who is 7mnths old now as she got her glasses last week and she wont keep them on lol surprise surprise <http://www.inconspcuous.com.au/index-1.html> it has a video to show you how it works i swear by this product it saved me so many headaches and now Tobias gets up every morning asks for his glasses and puts them on himself and he has dont that for a while now

good luck with your journey of babies with glasses

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Re:How to Get Your Child to Wear Glasses

Posted by elinn - 2010/03/19 20:44

My son got his glasses at 9 months, and keeping them on was a challenge. We got him the Miraflex frames, which are impossible to break and can be remolded every time he pulls them off and stretches them in crazy directions.

He took them off hundreds of times per day at first, and each time, I just put them back on nicely (and usually after a quick clean). If he resisted, I'd wait a few minutes - let him get distracted by something and then put them on. He would literally take them off instantly for weeks, but we just kept at it. He naturally started wearing them for longer and longer stretches - forgetting they were there. Now he removes them (and unfortunately chews the lenses) about 10 - 20 times per day, which seems pretty normal for a 13-month old.

I wish there was a trick to it, but it's really just about staying consistent and keeping at it. Good luck!!!!

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