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##### EA Sensory Service – Vision Impairment

### Ideas for encouraging the wearing of glasses

* A way to encourage a child to wear glasses is by reading them a story where their favourite character wears glasses that help them to go on an amazing adventure and have lots of fun, but without them, the character can find it hard to enjoy their adventures, as they cannot see very well.
* Using a character or toy that wears glasses, or that you put glasses onto, who the child is already familiar with may encourage them to wear their glasses as they will see that they are not just the only ones to need glasses and it is fun wearing glasses.
* Introduce wearing glasses during an activity that the child really likes, e.g. if he/she enjoys music and songs then a song that includes putting glasses on - a sort of 'Simon says' type thing.
* Talk to the child about all the people around them who wear glasses and possibly try on parents/siblings/grandparents /friends’ glasses as a fun game (or if more appropriate try on cheap toy glasses and "now you look like Grandad"). Then introduce their glasses for short periods and engage the child in an activity that requires them to use their vision in the hope that they may then realise the advantages of wearing their glasses. Activities like reading a favourite book, playing a game or messy play/baking may distract a child for a while.
* Put the glasses on when the child is active and can be distracted from them e.g. when their hands are busy and then take them off as soon as that activity has finished. The next time they do that activity, put the glasses on again, but extend the time after the activity has finished by a few seconds (10 or so). Each time extend that final time by a few seconds each time so that you are getting them used to wearing them and stretching it out by a short period each time. The times it may not work is when the child is not distracted and their hands are free to remove the glasses.
* Use a favourite colour / character / topic etc. and get this associated with the glasses. This could be, for example, using stickers or making a favourite toy wear glasses too (actual or print a picture). Depending upon age, role-play with glasses and games e.g. hide and seek could work. Anything to engage the child is worth a try, starting with their likes and things they enjoy.
* Use their favourite motivational toy, play a type of hide, and seek with it. It starts with the toy placed where they can see us placing it but if they want to get it, they must wear their glasses. Each time they find their motivational object they get to keep it for an amount of time before we hide it again each time getting further away and eventually not showing them where we are placing the toy. We hope that over time they will realise that by wearing their glasses, they are managing to locate the objects much easier and quicker.
* Use of their favourite dolls or teddies where the children can put glasses on and off the teddy and wear theirs at the same time and get used to them in short bursts.
* Persistence is often worth the wait. Continue with encouraging the child to wear their glasses for as long as it takes. Often it starts with just accepting them being on the table before even trying to put them on then gradually introducing them for hopefully greater lengths of time. You can also do a lot of role-play around this with lots of hats, scarves, sunglasses, glasses with no lenses. Encouraging friends to join in and if possible comment on how good the glasses look. Once the glasses are on we have found that distraction is key, engaging the child in a favourite activity so they are not thinking about the glasses.
* Buy lots of cheap 'play' glasses in a variety of colours, including play sunglasses, perhaps decorate them with stickers.  Have family members & friends and toys wear them. Devise a glasses game. Slowly/gradually, the play glasses can be replaced with the 'real' ones (sometimes with stickers on them or other decorations).
* Make it a really ‘special time’ together. This way the child will associate wearing glasses with a pleasant experience. Involve their other favourite people in the activity too. This means that different people can encourage the wearing of the glasses and means that they do not just associate the wearing of them with just one specific person.
* Put the glasses on and immediately distract child with something like a treasure basket full of shiny, exciting items. Mum and family play with these too and be very engaged with the activity so that both parties forget about the glasses and rummage through the basket together.
* Use a favourite toy of the child's or getting a toy of a favourite animal, like a pig or bear and put glasses on them that to show that the toy is the same as the child. If you are doing it gradually, you could put the glasses on the toy at the same time as the child, to get them used to it. This could be something done easily at home or during a particular part of the day.
* Let them see other very young children wearing glasses and make very positive admiring comment. Get him to choose his favourite glasses out of the photos. [This website has many photos of children in glasses to use for that purpose](https://forlittleeyes.com/galleries/photo-gallery/). Look at these on an iPad or phone or share to TV monitor share books about kids wearing glasses (not all available in UK).

[For Little Eyes has a list of books with characters who wear glasses](https://forlittleeyes.com/books-for-kids/) and also has a [Facebook group for parents](https://www.facebook.com/groups/littlefoureyes/)

Some more useful books:

[**Peppa Pigs First Glasses**](https://www.amazon.com/Peppa-Pig-Peppas-First-Glasses/dp/0718197844/ref%3Dsr_1_1?s=books&ie=UTF8&qid=1501078482&sr=1-1&keywords=peppa+first+glasses)

[**Does a Cat Wear Glasses**](%E2%80%A2%09https%3A/www.worldofbooks.com/en-gb/books/does-a-cat-wear-glasses/9780857343581?gclid=CjwKCAiAkan9BRAqEiwAP9X6UfMK_oSYb87sUCDT78P0_29jE5_FerO4-jg3JHnrq4V0YuVGOwJcUBoCTLMQAvD_BwE)

[**Magic Glasses by Yogesh Patel**](https://www.worldofbooks.com/en-gb/books/yogesh-patel/magic-glasses/9780859539456)

**[Rex's Specs (Dinosaur Friends)](%E2%80%A2%09https%3A/www.amazon.co.uk/Rexs-Specs-Dinosaur-Friends-Hughes/dp/0750278196/ref%3Dpd_lpo_14_t_0/261-7698818-1581168?_encoding=UTF8&pd_rd_i=0750278196&pd_rd_r=0a29c057-f8ca-488c-a69a-2b22d3d01663&pd_rd_w=zfex3&pd_rd_wg=ZCk6Q&pf_rd_p=7b8e3b03-1439-4489-abd4-4a138cf4eca6&pf_rd_r=0NRF87N7GAARD6BFMTCK&psc=1&refRID=0NRF87N7GAARD6BFMTCK)**

### [The University of Ulster have produced this booklet about encouraging your child to wear glasses](https://www.ulster.ac.uk/__data/assets/pdf_file/0020/231860/Encouraging-your-child-to-wear-glasses.pdf)