

Getting the right glasses for your child

When your child has been diagnosed with refractive error ("glasses need") you will need to go to a local Optometrist of your choice and purchase some frames. The better the frames fit, the easier it will be to get your child to wear their glasses and therefore improve their vision.

Choosing an Optometrist:

When choosing where you will go to get your child's glasses, it is important to consider:

- > Store Location
- > Selection of children's glasses in stock
- > If regular adjustments are offered
- > 2-for-1 deals
- > Glasses insurance is available to cover breakages/repairs
- > Glasses frame is flexible and strong

We recommend you visit a few different Optometrists before choosing one, as some stores will have better selections and different offers compared to others.

Choosing a frame:

It is difficult choosing a frame that works for your child, but we find that "deeper" lenses work better as the children cannot look over them as easily. Your child's eyes should be in the centre of the lenses, the frame edge should be away from the sides of the face and the arms should not be too long. Please be aware that we need your child's glasses to fit immediately. Do not purchase frames that your child will 'grow in to' as these will be too large, and therefore have limited benefit in improving your child's vision.



For young children, 0-3 years old, frame brands such as "Miraflex", "Centrostyle", "Dilli Dalli", "Safilo", "Zoobug" or "Solo Bambini" are often best. They have frames that are comfortable, light weight and made of flexible rubber, with no hinges or screws that can be broken. They also loop around your child's ears or head to ensure they sit well. Another excellent, more traditional brand of glasses is called "Tomato Glasses", which come with replaceable and spare parts so they can grow with your child.

It is important to involve your child as much as possible when selecting a frame. Make sure they are comfortable with the fit, the style and colour. However, it is vital to achieve the right fit of glasses, so that they are used properly and therefore able to improve your child's vision.

For more information

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