

HOW TO CHOOSE SPECTACLES FOR MY CHILD?



CHOOSING THE RIGHT FRAME

- **Correct size:** Frames should fit the child's face comfortably- not too wide or too narrow.
- **Good bridge fit:** For younger children with a flat or low nose bridge, choose frames with proper nose pads so the glasses do not slide down.
- Choose **full frames** as they are sturdier. Avoid frameless or half-frames.
- **Avoid oversized frames:** Large frames may cause peripheral distortion and blurred vision, especially in children with high myopia.
- Choose frames of **lightweight** and **durable strong material**.
- **Comfortable temples:** Ensure the arms of the glasses do not press uncomfortably on the sides of your child's head.



✓ GOOD FIT

- Fits well on face and nose
- Adjustable silicon nose pad may improve bridge fit
- Child looks through centre of glasses



✗ POOR FIT

- Frames too big for child's face
- Glasses slide down nose
- Child looks over glasses



Elastic strap / ear hooks can help secure glasses for a better fit



Flexible, soft temples

WHAT TYPE OF LENS IS SUITABLE?

- Safety first: Choose plastic lens instead of glass lens
- For active children: Consider impact-resistant lens (e.g. polycarbonate) for better durability
- For progressing myopia: The doctor may recommend special myopia-control lenses to help manage your child's condition.

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SPECIAL CONSIDERATIONS FOR CHILDREN WITH SQUINT



FOR CHILDREN WITH DIVERGENT SQUINT

- For children with short-sightedness (myopia) and divergent squint, wearing glasses helps them see better and may improve control of the squint, resulting in better alignment of eyes.
- In such cases, it is recommended to wear glasses full-time.



Divergent squint ("out" drift of eye)



Convergent squint ("in" turn of eye)

FOR CHILDREN WITH CONVERGENT SQUINT

- In children with accommodative squint, the eyes may 'cross' when focusing on near objects.
- These children often need long-sighted ("plus") lenses to improve focusing and eyes alignment. Sometimes the child may resist wearing glasses as they feel they can still see fairly well without them.
- If "special" glasses are prescribed (e.g. executive bifocals), make sure:
 - The dividing line of the lens bisects ("cut across") the child's pupils, not above or below the eyes.
 - The lower segment is correctly positioned so the child can easily use it for all near activities such as reading or writing.



✓ GOOD FIT

- Executive bifocals bisects at pupils



✗ POOR FIT

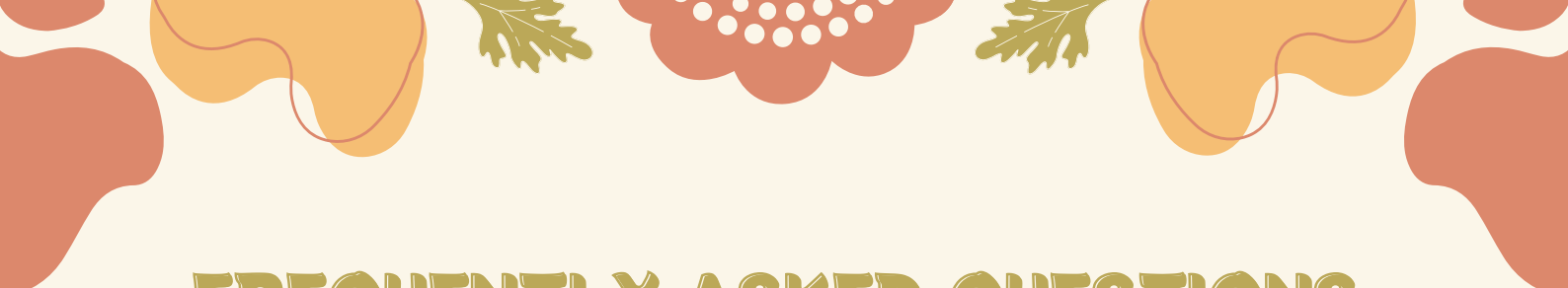
- Frames too big for child's face
- Executive bifocals bisects below eye

Photos credits: SNEC, <https://doi.org/10.1016/j.survophthal.2022.02.005>.

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FREQUENTLY ASKED QUESTIONS (FAQ)



Q) Why does my child need glasses?

A) Glasses are prescribed when your child has certain degree of refractive error, i.e. long-sightedness (hyperopia), short-sightedness (myopia), or astigmatism. Wearing glasses helps your child see clearly. In some cases, glasses are also necessary to improve alignment of the eyes.

Q) I'm worried that once my child starts glasses, the degree will keep increasing and he/she will become reliant on glasses. Is this true?

A) Don't worry - wearing glasses does not cause the degree to increase. Changes in degree happen naturally as your child's eyes grow and develop. On the contrary, not wearing glasses when needed, may actually cause more eye strain and worsen vision over time. Glasses simply give your child clearer vision. Children do not become "dependent" on glasses- they just see better with them.

Q) Does my child need to wear glasses all the time, the entire day?

A) In most cases, doctors recommend full-time wear to ensure best visual outcome. For children with very mild prescriptions, it may be okay to remove their glasses during certain activities, like sports. If you are unsure, follow your doctor's advice on when and how often your child should wear them.

Q) How often does my child need to change glasses?

A) Kids grow quickly, and so do their eyes! That is why prescriptions and frames may need updating from time to time. At each follow-up visit, the doctor will let you know if it is time for new glasses.

Q) Where can I buy kids' glasses?

A) With the glasses prescription provided by our doctor or optometrist, you may purchase suitable children's frames from optical shops.