

Sensory approach to wearing glasses

- When choosing glasses, opt for a light frame.
- Spend time playing with the hair to desensitise the child's head (this will also help with hair care activities).
 - Take small sections of hair and tug gently, brush and comb fingers through it. Use firm strokes.
 - Encourage wearing a sports headband or hat.
 - Offer massage and sensory input concentrating on the parts of head that will be in contact with the glasses (ears, eyes, and bridge of nose). Try to do this several times a day for at least a week although be prepared to continue for longer if the child continues to show a sensitivity to the next steps.
 - If your child doesn't have a reaction to face paints, use them to paint on silly glasses (although be aware that using a finger to apply the paint may be easier to tolerate than a tickly paint brush). Take pictures of each other or pull faces in a mirror. Make it fun!
- Buy some cheap sunglasses. Pop out the lenses of two sets of the glasses. Begin by putting them on your child for a few moments while you have yours on. Let them see you are wearing yours. Give massive amounts of praise when they are wearing them. Continue this for at least a week with everyone in the family joining in.
- When they are wearing the glasses without the lenses, try them with a set that have the lenses left in. Start with you wearing the glasses then progress to the child wearing them too. Again provide lots of encouragement when they keep them on and gradually increase the time they spend wearing them. Use distraction techniques such as reading a book, watching TV or playing a game. Again encourage the whole family to take part and make it fun.
- Once your child is happy with clear lenses, encourage them to use their prescription glasses. Start off as you did previously, beginning with wearing for short periods gradually increasing the time spent wearing them.