

Is my child ready for contact lenses?

Is your child asking to wear contacts?

The motivation to wear contact lens should come from the child and no one else. Often those involved in sports start inquiring due to glasses slipping or generally “being in the way”. It is important to insure there is no pressure to wear contacts from family or friends as that often inhibits children’s ability to do well in training.

Consider the following questions when pondering, “is my child ready for contacts?”. A firm YES answer for each will let you know the time is right.

Do they have good hygiene?

Kids get dirty, and that is okay, but not so good when handling contact lenses. If your child washes their hands well and does not fuss about bath time or brushing teeth, they will be better suited to pursue contacts. Poor hygiene can lead to eye infections.

Does your child perform their chores without having to be asked?

Do they make their bed, put away laundry, even do their homework of their own free will – showing responsibility in everyday aspects of their life is a sure sign they will take care of their contacts.

Do they take care of their glasses?

If your child is apt to loosing or breaking glasses, they may not be mature enough to take care of contact lenses. Kids who clean their glasses and store them in a case when not wearing show habits of healthy contact lens care. Contact lens wearers should always have well cared for back up glasses.

Are they willing to work for them?

No, not necessarily hard labor to earn your agreement, but they will have to go through in office training on insertion, removal and cleaning. They must be able to touch their eye (with clean hands!!) and successfully put lenses in and take them out several times before the doctor will send trial lenses home for wear. This is not for the faint of heart nor those only half willing to participate.

