

Tips for buying kids' eyewear

ASK YOUR OPTOMETRIST

Most children who need eyeglasses are either nearsighted or farsighted. Depending on the degree of visual correction necessary, an eye doctor will prescribe glasses for full- or part-time wear. Some kids will be instructed to take their eyeglasses off for schoolwork, while others need to have them on every waking moment.

When choosing eyeglasses for your child, safety should be a priority. Children are prone to accidents, both at play and while participating in sports activities.

The best way to ensure safe vision is to choose polycarbonate lenses. More durable than regular plastic, polycarbonate lenses are very lightweight and shatter-proof. They also have the best impact resistance of any lens material. Polycarbonate lenses are actually constructed out of material that is identical to bulletproof glass. They also have built-in ultraviolet (UV) protection to protect the eyes from the sun's harmful rays.

To keep vision clear for as long as possible, polycarbonate glasses usually come with a scratch-resistant coating. Though not scratch proof, lenses that are treated on both front and back surfaces with a clear, hard coating do become more resistant to scratching.



These days, children's glasses come in a variety of cool styles and kid-friendly colours. Allow your child to help in the selection process. The more he or she likes the glasses, the more he or she will like wearing them!