

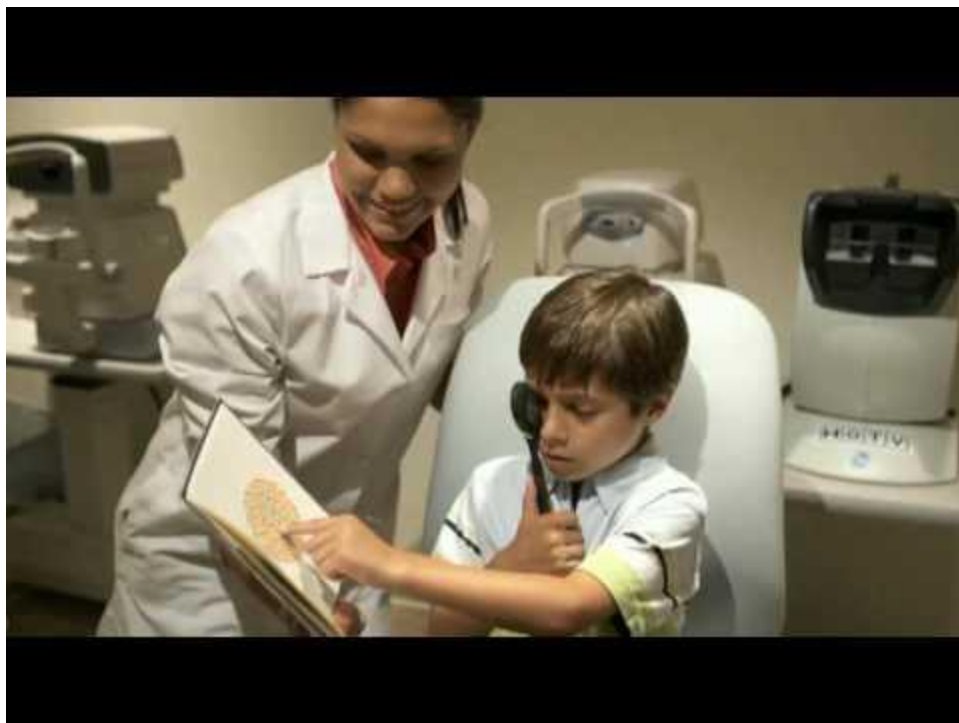


Going to the Eye Doctor



Hey! I wear glasses. Once in a while my parent tells me that I have to go to the eye doctor. I used to be really scared about going to the eye doctor, and I didn't like when the doctor had to touch my eyes, but I am not scared anymore! Going to the eye doctor is easy!

Lots of people go to the eye doctors including kids AND grown-ups. It's important to go to the eye doctor so that they can make sure that your glasses are just right for your eyes.



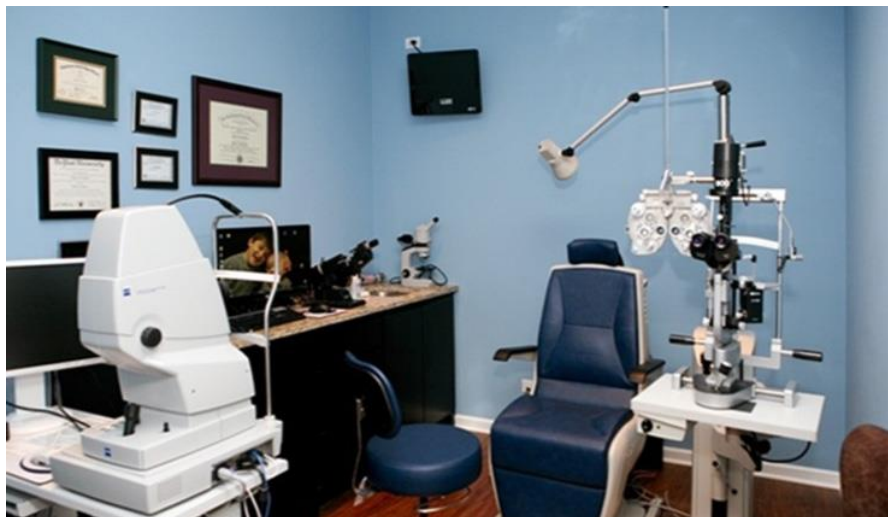
Just like you go to your doctor to make sure your body is healthy, you go to your eye doctor to make sure your eyes are healthy and find ways to help you see better if you need it.

Here is what happens when I go to the eye doctor:

First, I wait in the waiting room.



Then, the doctor calls us into his office. There are lots of funny looking contraptions in there, and pictures on the wall.



Next, the doctor asks me to follow his finger, or a flashlight, with my eye balls. I look left, right, up and down.



Sometimes, the doctor has to put a special drop in my eyes. These drops are cold and wet, but they don't hurt! Sometimes my parent holds my hand. Usually a few drops roll down my cheeks, and sometimes even on my shirt- *that is okay though, because these drops are just like water.*



Then the doctor has me look through a special device called a “refractor”. The doctor moves the “lenses” on the machine so I have to look through them many times. This can be boring, but I know it is *important* because it will tell my doctor if I have the right kind of glasses!



Sometimes my doctor will have me read letters off the wall, or look at pictures. It is very important that I tell him what I can see and what I can't see!

**K
IDS
NEED
COMPLETE
EYE EXAMS TOO**

After the doctor talks to your parent a bit, it is time to go. When I have eye drops, the doctor will let me wear cool sunglasses after so the sun doesn't hurt my eyes.



I always get to do a fun activity after the eye doctors. Sometimes I even get to get a prize! Last time I watched a movie with my parent when I got home. What do you guys do after your eye appointment?



I know that going to the eye doctor can be boring, or sometimes even scary-but take it from me, it is so important! Your parent will be so proud when you go to your eye appointment-I know how brave you can be!

