

# Choosing Glasses for Your Child - The Perfect Fit<sup>1</sup>

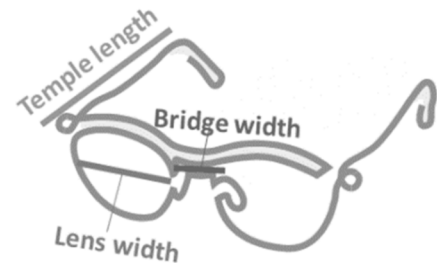
## Why good fit is important

Glasses that fit well will stay put, encouraging your child to look through the appropriate part of the lens. They are more comfortable, which encourages compliance, and frankly they look more attractive. Frames that fit well won't move even while laying down or rough play. Glasses need to fit your child today. Infants and small children may only grow one or two millimeters in lens width over a year, older children grow even more slowly. You do not want to size up so your child "will grow in to their glasses."

## The basics of glasses sizes:

Most glasses list their sizes as XX-YY-ZZZ

- XX is the width of one lens,
- YY is the width of the bridge
- ZZZ is the length of the temple



The numbers in these measurements are in millimeters.

Note: While this measuring system is generally standard, some children's frames use different sizing labels. The best way to find glasses that fit is to try a few different frames on and note the size of glasses that fit well.

## What to look for in a good fit

### Looking straight on

Look at your child straight on to get the best idea of fit. You want their eye to be centered both horizontally and vertically.

Once you find a frame that fits in lens, look for other frames with a lens width within a 1mm.

Make sure the bridge fits the nose well. Rectangular frames tend to have a



<sup>1</sup> "Choosing glasses for your child" 2016, by Little Four Eyes. Licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. Adapted in part with permission from: "A parents' guide to choosing glasses that fit your child." [littlefoureyes.com/2014/12/11/guest-post-a-parents-guide-tochoosing-glasses-that-fit-your-child/](http://littlefoureyes.com/2014/12/11/guest-post-a-parents-guide-tochoosing-glasses-that-fit-your-child/) by Melony Dever, 2014.

narrower bridge to accommodate the width of the lens. Infants and children with wider bridges may not be able to get a good fit with a rectangle lens.

Nose pads should fit snugly but comfortably against the nose with no pinching or gaps. Frames with nose pads offer some adjustability, but solid plastic or flexible frames do not so they should fit the nose perfectly. A child who requires an exact bifocal line may do much better wearing a wire frame with nose pads because it gives you the best adjustability.

### Looking from the top

Look at the way the temples go from the edge of the lenses to your child's ears. There should be no taper in or out on their path to the ear. If the temples are angling into the ear go down in lens width, bowing out go up.



Off-the-shelf frames are scaled so that if the lens width fits the other measurements should be appropriate too. It's not always perfect but should give you a starting point.

### From the side

Look at the length of the temple on the side of your child's face. If the temples extend too far past the ear it is a good indicator that the frames are too large. Your child should be able to sit and lie back without the earpiece bumping the surface and shifting the frames. Bent ear pieces should not extend past the bottom of the ear.



"Choosing glasses for your child" 2016, by Little Four Eyes. Licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.

Adapted in part with permission from: "Frequently Asked Question: Options for thinner lenses." <https://littlefoureyes.com/2016/08/17/frequently-asked-questionoptions-for-thinner-lenses/> by Ann Zawistoski, 2016.

