

**On behalf of Vision Expo, we sincerely thank you for being with us this year.**

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## **Vision Expo Has Gone Green!**

We have eliminated all paper session evaluation forms. Please be sure to complete your electronic session evaluations online when you login to request your CE Letter for each course you attended! Your feedback is important to us as our Education Planning Committee considers content and speakers for future meetings to provide you with the best education possible.



# THE JOY OF DISPENSING TO TODDLERS

Jackie O'Keefe, LDO

2023

Technical Level 1



# All Kids Are Not Alike

- ❑ **Diplopia** – Double Vision
- ❑ **Esotropia** – Lazy Eye
- ❑ **Strabismus** – Turning Eye 30%/5% Develop Lazy Eye
- ❑ **Cataracts** – Crystalline Lens
- ❑ **Severe Myopia** – Elongated Eye
- ❑ **Congenital, In Utero** – 1<sup>st</sup> Month Development



# Psychology 101

- Who is the patient? Who can they trust?
- What could have gone wrong?



# Set Expectations

- Parent Involvement = 1<sup>st</sup> Five Years
- Exams at 1 Year, 3 Years, Pre-school



# Children *with* Special Needs

- Don't Be Afraid To Ask.



# Learn From Experts

Parenting Children with Special Needs partners with a variety of different experts to bring you content relevant to navigating the world of healthcare with your exceptional child. Find it here!



<https://pcwsn.com/>

# Teach Parents/Teachers/Caregivers

44% of parents are not aware that behavioral problems can be an indication that a child's vision is compromised





# Indicators

- Crossed or Misaligned Eye
- Poor Eye Contact
- Can't See 3-D Effects
- Double Vision
- Sudden Bad Behavior
- Headaches
- Not Recognizing Caregivers
- Eyes Not Moving Together
- Delays in Developmental Milestones



# Visual Development Milestones

## •Birth – 6 Weeks

- Stares While Awake
- Holds Gaze Bright Light
- Blinks at Camera Flash
- Eyes/Head Move Together
- One Eye May Turn

## •Up to 24 Weeks

- Less Head Movement
- Eyes Follow Movement/People
- Watch Parent's Face When Talked To
- Watches Their Own Hands
- Quick Saccades vs Smooth Sweeps
- Looks at Hands, Food, Bottle While Sitting
- Seeking/Watching Distant Objects



# Visual Development Milestones

## •Up to 48 Weeks

- Eyes Turn Inward Up Close
- Even Less Head Movement
- Focus on Surrounding Activities Longer
- Looks For Dropped Toys/Pacifiers
- Visually Inspects Handheld Toys
- Crawls Towards Toys Seen
- Visually Responsive to Smiles/Voices

## •Up to 18 Months

- Using Both Hands For Activities
- Visually Interested in Simple Pictures
- Holds Objects Very Close To Eyes
- Points to Objects/People
- Looks For/Identifies Pictures in Books



# Visual Development Milestones

## •Up to 36 Months

- Visually Inspects Without Need To Touch
- Happily Responds to Favorite Objects/People
- Infatuated By Movement (Wheels/Egg Beater)
- Watches Own Hand While Scribbling
- Visually Explores Before Walking/Climbing
- Watches/Mimics Other Children
- Begins To Color On the Paper
- “Reads” Pictures in Books



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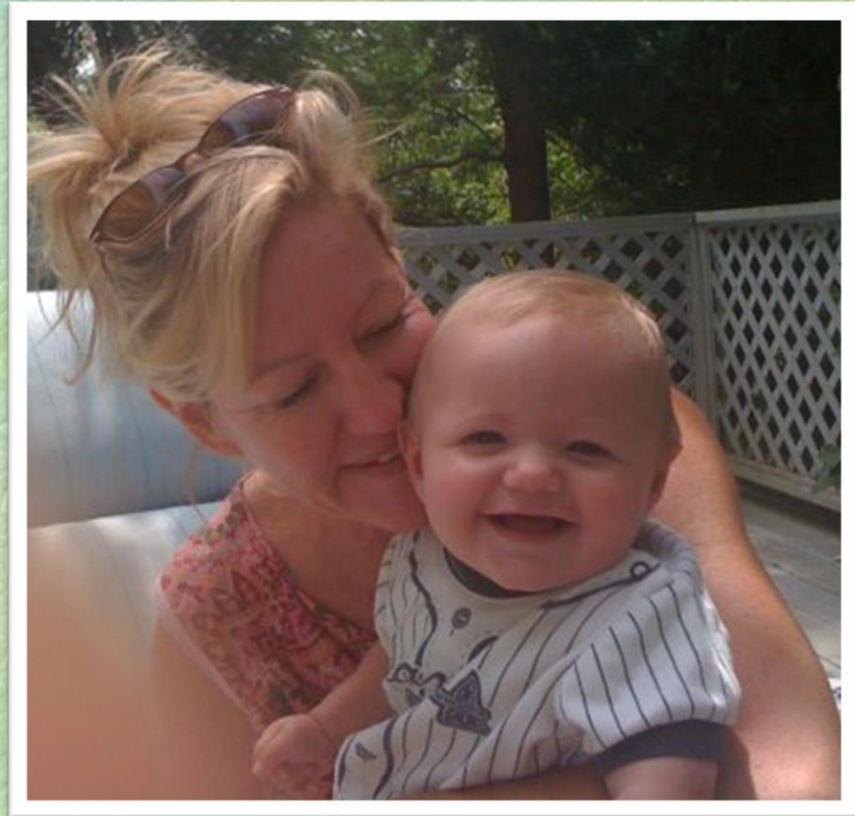
# Prior To The “Visit” Appointment

- Preview The Rx
  - .Doctor Consult
  - .Know What To Recommend
- Parent/Guardian Communication
  - .Time Expectations
  - .Third Party
  - .Schedule Post Nap Time



# Initial Communication

- Approach Slowly
- Smile
- High Voice
- Keep Hands Busy
- At Their Level
  - Parents Lap
  - Special Chair
  - Floor.





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# The Full Experience

- Parent or guardian involvement
- Clap & Sing at Eye Level
- Goo Goo & Peek-a-Boo
- Touch my nose
- Magic Mirror & Cape Crusader
- Have a bag of tricks on hand.



# The Full Experience



# Lenses Before Frames?

- Frame First Please
- PD Second
- Lenses Third
- Reverse Philosophy.



# Frame Selection

- Frame Life 6/12 Months
- Don't Skimp
- Stock
  - .32-38 mm
  - .90-100 mm
- Table 1<sup>st</sup>
  - Limits Interruptions
  - Time Saver
  - Choices



# Fitting Triangle

- Eyeglass frames should make contact at three points.
  - On top of the ears
  - On the crest of the nose.
  
- What to look for.
  - Skin irritation behind one ear
  - Skin irritation on one side of the nose.



# Facial Considerations

- Low, Flat, Wide Underdeveloped Bridge.
- Protruding Forehead
- High Cheeks



# Frame Shape Selections

- *SLIGHTLY* Larger Please
- Ornaments  
No Thank You
- 10% Children's  
20% Toddlers





# Frame Color Selection

□ Exterior Patterns – Smooth Finish – Less is Best

- Clear
- Flesh Tones
- Soft Tans
- Pastel Pinks
- Light Blues



# Before Final Frame Selection...



- Calculate Lens Centration
- This determines where the lens thickness will be realized.

# Before Calculating Centration...



- ❑ You need to measure the pupillary distance (PD) of the child
- ❑ This is measured in millimeters (mm).
- ❑ Pupilometers = 46-82  
Toddlers = 39-49

# Measuring With A Millimeter Ruler

- The *Canthus*
  - The point where upper and lower lids meet.

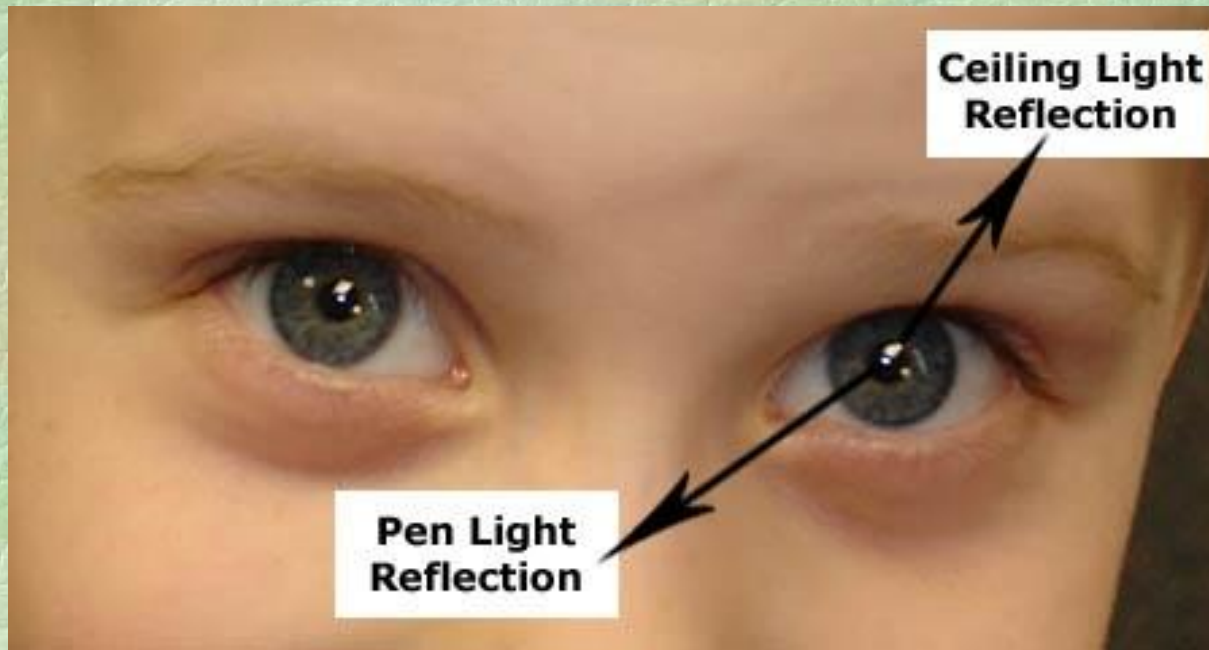


# Measuring With A Millimeter Ruler

- The *Limbus*
  - Circular zone where cornea meets sclera.



# Measuring PD With A Penlight?



# Is There Another Way?

- Alternate Colors
  - 1mm in Between
- Put On Child
  - Assess Twice
- Note the Colors
  - Measure With mm Rule



# How Far Should I Measure?

0 - 24 Months = 8-10 Inches

2 Years – 4 Years = Behind Your Head





# What The Child Sees

From a distance of 1 meter

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At 3 Days



At 1 Month



At 3 Months



At 6 Months



At 1 Year

- A comprehensive eye exam can and should be performed on an infant before one year of age.
  - 1 out of 4 school-age children have a vision problem.
  - 4 out of 100 children have a lazy eye (Amblyopia). Half of those children with lazy eye go undetected, resulting in permanent, preventable vision loss.
  - Farsightedness (Hyperopia) – Distant objects are blurry while near objects are clear.
  - In normal circumstances, 80% of what we learn is through our visual sense.
  - A lifetime of comprehensive eye care should start during infancy with an eye exam by a primary eye doctor.
-

# Lenses

- ❑ Poly vs Trivex
- ❑ Surface vs Stock
- ❑ Aspheric Design
- ❑ SRC
- ❑ Premium A-R
- ❑ UVR Protection
- ❑ HEV Protection
- ❑ Constant Tint
- ❑ VTL



# Fit & Dispense

- Consistency
  - Familiarity
    - Visual
    - Voice
    - Scent.



# Delivery Time

- Make The Appointment
  - Prepare The Table
- Human Relations
  - Conservative Clothing
  - Warm Your Hands
  - Approach Slowly
  - Smile
  - Be Prepared.



# Pre-Adjust The Frame

- *Standard Alignment* before adjustment.
- Frame Front (FO) 1<sup>st</sup>
- Close Vertex Distance Considerations
  - Chubby Cheeks
  - Protruding Forehead
  - Eyelashes & Brows.



# Let The Temple Fitting Begin Skull

- Mark the proper place on the temple
- Apply heat as needed
- Be sure to cool down the temples with water.



# Let The Temple Fitting Begin

## Comfort Cable

- More Common – Don't forget the mastoid!
- Skull & Temple Straps



# Recommendations

- Provide A Loaner Frame
- Use A Strap Early On, Toddler Less Likely to Remove
- Tugging = Divert Attention vs Scolding
- Place Eyewear While Sleeping
- The Daily Ritual
- Tomorrow's Another Day!





# This Is Why We Do What We Do

