

ONLINE AT THE Y

Learn, create, do something new by learning with the Y from your home

Community Helpers Series – Optometrist

Recommended for 2 ages and above

Family Chat Hints:

When talking to children about unknown topics, it is best use terminology they understand. This supports their comprehension and enables them to focus on the details of the conversation.

When discussing what an Optometrist does, highlight what role they play in the child's life.

Below are some hints and tips to start create the conversation with your child:

- Optometrist are doctors that look after your eyes health
- What do we need our eyes for?
- They examine your eyes to ensure you can see
- An optometrist can assess the eyes to see if you need glasses.
- They may prescribe glasses or corrective lenses to children and adults with otherwise healthy eyes.
- An optometrist can also prescribe eye drops and other medications to promote eye health or to treat any infection.

