



**Wearing My Glasses and Taking Good Care of
Them**



I need to wear my glasses everyday and put them on every morning when I get dressed. They will help me to see many things better.

For example:

- I will be able to see letters better to be able to read.
- I will be able to see numbers better to be able to count.
- I will be able to see the computer better to play all my fun games.



I will need to keep them on my face at all times during the day except for the following times:

- At school during Phy-Ed (PE) class
- At school during Special Designed Phy-Ed (SPDE) Class
- Playing Outside
- Getting ready for bed
- Sleeping
- Swimming



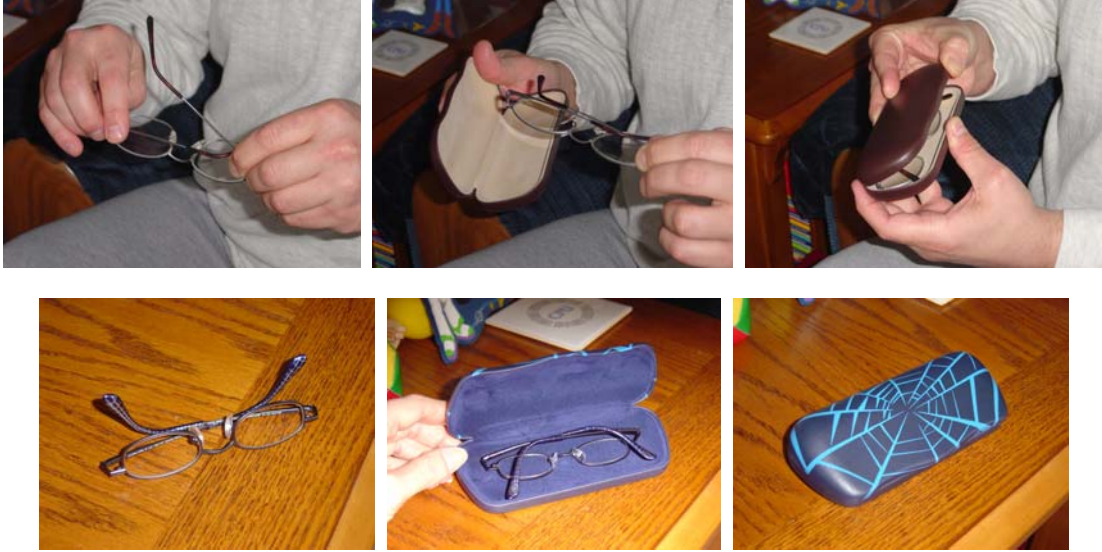
Mom and dad wear glasses too. So do some of my friends. The glasses help them to see things better too.



There is a certain way I should hold my glasses when I take them off and put them back on. I should hold on to the sides of the glasses like mom and dad are doing here to take them off and putting them back on.



When I put them back on, I will hold on to the sides and touch the middle metal piece above my nose to slide them into place on my face. I will **not** touch the glass part, because that will make them dirty with finger prints and I will not be able to see clearly.



I need to fold my glasses up when I am not using them and always put them back into their case and set them on a table.



To clean my glasses I can run them under water and use a clean cloth to dry them off.

Sometimes, if they are just a bit dirty I can just wipe the glass part with a clean cloth. Then they will be clear again, so I can see better.



I like my new glasses, because they help me to see things better and they look great on me!! :o)