7 easy tips for a successful eye patching treatment
You are not by yourself...

Having to wear an eye patch is not always an easy experience for children. Of course, it can be challenging for parents too.

What to do? How to react?

As parents, our goal is that our child completes his treatment successfully. However, we don’t always know what is the best approach when it comes to eye patches.

The solution

Thankfully, you are not alone – other parents have been through eye patching treatments before you. The best thing you can do is to learn from their experience and use strategies that are proven to work.

In this short guide, we hand-picked the best tips and ideas to make it easier for you and your child to go through the treatment with ease!

Enjoy!
7. Educate your surroundings

«It takes a village to raise a child»
African proverb

At home, at the kindergarten and at school, it is essential that everyone understands what they need to do and collaborate for the well-being of your child.

Suggestions:

• Share what you learn in this guide with your relatives so everyone can act in the best interest of your child.

• Ask the teacher or other caretaker to educate* your child’s classmates about why he requires an eye patch.

*Reading a book or a story about it is a great way to accomplish this!
Sarah wears her patch at school...

« Our child suffers from amblyopia and strabismus and she found the full occlusion eye patch to be comfortable and loved to choose the designs for her glasses herself. She also enjoyed that her teacher read the storybook to the entire class. She hasn’t been subject to intimidation from the other kids. In fact, they all applauded her when the teacher announced that she was making progress and could wear the eye patch less often. »

Psy. D. Pediatric psychology
6. Distraction… What were you saying?

«You can always find a distraction if you’re looking for one.»
Tom Kite

How do you get your child to forget about his new (super annoying) toy? You distract him with something else!

With an eye patch it’s the same thing, you need to prevent him to focus on the eye patch by distracting him with something else. It’s also a good idea to spend quality time with him.

Here are a few suggestions:

- Read a story
- Watch a movie together
- Draw or paint
- Play video games
- Take a walk
- Use your imagination!

Img: openclipart.org/detail/132133/magic-hat-and-wand-by-gnokii
5. Organize a pirate party!

- This is either madness... Or brilliance.
- It’s remarkable how often those two traits coincide.

*Pirates of the Caribbean*

If you want to motivate your child to wear his eye patch, 2 elements are extremely important:

• Make the treatment fun

• Make your child feel like he is not different

As you can guess, there is no better way to accomplish those 2 goals than by organizing a party... better yet, a pirate party!

PS: Here’s a quick tutorial on crafting your own dispensable eye patches for your guests

[Img: openclipart.org/detail/101653/-by-zorro-101653]
4. Establish a routine

«Motivation is what gets you started. Habit is what keeps you going.»
Jim Ryun

As you know, routines are very important to children. Needless to say, for less enjoyable tasks (Cleaning one’s room, doing homework... and wearing an eye patch) it’s even more important!

3 benefits to establishing routines according to Dr. Laura Markham:

• A routine eliminates power struggles

• A routine makes children more cooperative

• A routine allows children to become more autonomous and responsible

Turn the page to discover 3 useful tips for establishing your eye-patching routine...
Establishing a routine can be simple... Here are our 3 best tips to get you started:

1. **Tie it to a pre-existing routine**

   Examples: right after school, right after dinner or as soon as he brushes his teeth, etc...

2. **No exceptions – especially in the beginning!**

   An exception leads to another... Remember a habit requires over 30 days to form – be persistent!

3. **Remain positive whatever happens**

   Whatever happens, no matter how your child reacts, it’s important to remain calm and positive. Be empathic, but maintain your position.
3. Progress is encouraging

«Life is like a bicycle. To keep your balance, you must keep moving.»
Albert Einstein

We all know when everything looks stagnating it’s very difficult to stay motivated.

Luckily, according to Timothy A. Pychyl, Ph.D., the opposite is also true:

«Progress on our goals makes us feel happier and more satisfied with life (our subjective well-being, SWB, increases). Interestingly, positive emotions have the potential to motivate goal-directed behaviors and volitional processes (e.g., self-regulation to stay on task) that are necessary for further goal progress or attainment. Very clearly you can see how if you “prime the pump” by making some progress on your goals, the resulting increase in your subjective well-being enhances further action and progress. »

Keep track of your child’s progress, remind him regularly that he’s moving in the right direction and that his efforts are generating results – He will be more likely to keep going!

http://www.psychologytoday.com/blog/dont-delay/200806/goal-progress-and-happiness
If having a clear goal is motivating, remember that short-term goals are even more effective.

Use that to your advantage: set an attainable goal and promise your child a reward if he is able to make it.
2. The motivating power of «Why?»

«Visualize this thing that you want, see it, feel it, believe in it. Make your mental blueprint, and begin to build.»
Robert Collier

Keeping our eyes on the finish line allows us to endure challenges and tough times.

We need to explain to our child why he is wearing a patch and make sure he fully understands if we want him to be engaged.

Ideas:

• Ask him regularly why he is wearing an eye patch

• When someone asks why he is wearing a patch, encourage your child to answer on his own

• Ask your child to draw a picture or write a story explaining why he is wearing an eye patch

• Ask your child to describe all the things he will do once his vision is better
1. Tilting the odds in your favor!

«Man is a tool-using animal. Without tools he is nothing, with tools he is all.»
Thomas Carlyle

Using the right tools can make all the difference.

Our eye patches are designed to be fun and comfortable to make the process easier and more enjoyable for your child and for yourself.

Our goal is to offer effective solutions for children that also nurture their self-esteem.

Simply click here to read what other parents think about our solutions!

« Your solution is just awesome! No more skin irritation and cries! It’s so light he doesn’t even notice it!!! Pure bliss!!! :) »

Alexandra Arbour
This is just the beginning...

Here you go!

We hope those 7 easy tips will help your child stay motivated and engaged in his patching treatment.

To stay in touch and learn about more resources, come join us on Facebook and Twitter:

We wish you all the best!

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