Helpful hints for patching

1

PRAISE

Remember to praise your child when they complete their patching for the day.

ENCOURAGE

2

Try wearing a patch yourself. Encourage your child by adopting the treatment.

3

CUSTOMIZE

You can customize eyepatches with coloring pens and stickers. Just make sure that you customize the patch before applying it and never with harmful materials.

CREATE A ROUTINE

Make a routine and stick with it. That way your child will get used to the idea of their patching treatment.

4

5

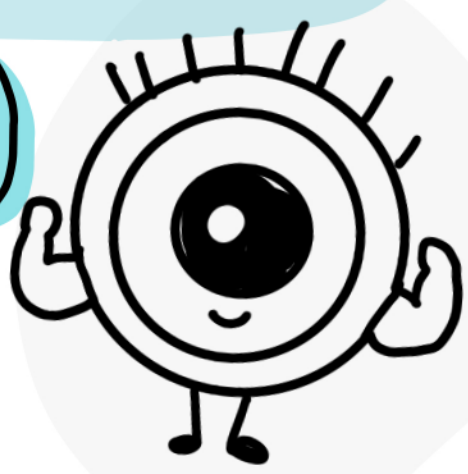
FAMILIARIZE

Familiarize yourself with how the patch should be put on. It will make patching much less stressful.

6

PATCH THE STRONG EYE

A patch should be worn on the child's strong eye. Don't patch the child's weak eye by mistake.



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STICK TO IT!

We know it can be hard to stick to your routine. Don't worry, your child can still do any activity they want. Patching won't stop them enjoying all the things they used to.

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