

Ann Gwinn Zawistoski
Minneapolis, MN 554117
ann@shinypebble.com

Dear Librarian or Educator,

I'm the author of the new board book for young children in glasses, "Glasses," and a librarian at Carleton College in Northfield, MN.

"Glasses" is a book targeted at babies, toddlers, and preschoolers who need glasses. The book features photos of young children in glasses playing, exploring, and enjoying their world. The text is a simple poem that celebrates the role of glasses in a young child's life. The purpose of this book is to help children who need glasses, and their families, feel less alone and more comfortable with glasses. The book can also help other children learn more about why some people need to wear glasses. I wrote the book based on my experiences as a mother of a young toddler who needed glasses, and from the stories I've heard from hundreds of other parents who have shared their stories at my website, Little Four Eyes (<http://littlefoureyes.com>). There are very few other books about glasses targeted at this age group.

While young children in glasses are not common (about 1% of preschoolers wear glasses), vision issues in children that age are not rare. Around 1 in 20 preschoolers have vision issues that would be improved with glasses according to the Baltimore Pediatric Eye Disease Study¹. Vision issues that are not treated, can lead to more permanent vision loss and are associated with difficulty reading and other academic difficulties. Despite that, there is not a lot of awareness or support for families of young children with vision problems. For parents who learn their young child needs glasses, it can be overwhelming, upsetting, and difficult to find good information. And children who need glasses can have a hard time understanding why they need glasses, and why their friends and families do not.

If you know families who have children with vision issues, I hope they will find my book to be a fun and helpful way to become more comfortable with their glasses. I have also included a short list of resources that can help parents understand more about children's vision issues.

Sincerely,

Ann Gwinn Zawistoski
<http://GlassesBoardBook.com>

¹ Giordano, L., Friedman, D. S., Repka, M. X., Katz, J., Ibrionke, J., Hawes, P., & Tielsch, J. M. (2009). Prevalence of refractive error among preschool children in an urban population: the Baltimore Pediatric Eye Disease Study. *Ophthalmology*, *116*(4), 739–746, 746.e1–e4. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2680482>

Fact Sheet

Glasses

by Ann Gwinn Zawistoski (Author) / Heide M. Woodworth (Photographer)

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Board book, 12 pages

\$11.95

Available via Amazon.com, and directly from the publisher at GlassesBoardBook.com

“Glasses” is a positive book about babies and toddlers wearing glasses. It features vivid photographs of young children in glasses playing and having fun. It has a simple rhyming text that talks about different glasses and how they help you to see.

List of selected resources for parents of young children in glasses

- **Little Four Eyes** (<http://LittleFourEyes.com>) - written and maintained by Ann Zawistoski, librarian and author of "Glasses." The site is a community for families with young children with eye glasses, eye patches, contacts, and other vision issues. There is a photo gallery, lists of resources and books, along with stories, and tips for parents.
- **A Child's Eyes: Children and Glasses** (<http://achildseyes.com/Tips.htm>)- a fantastic page written by a Master-certified optician who specializes in fitting and dispensing children's glasses. This page has links to tips on getting children to wear glasses, explanations of the types of frames and types of lenses, and information on how to know if your child's glasses fit correctly.
- **Children's Vision: What Parents Need to Know** (<http://www.allaboutvision.com/parents/>) – a collection of information from All About Vision that covers a whole range of topics on children's vision. All About Vision is owned by Access Media Group and the pages are written by journalists with experience in eye care. Health related articles are approved by one or more eye doctors on their Advisory Board.
- **Your Baby's Eyes** (<http://chicago.medicine.uic.edu/cms/One.aspx?portalId=506244&pageId=15354833>) – an overview of vision in infants, how vision is tested and assessed, and common problems. From the University of Illinois Eye and Ear Infirmary.
- **Common Eye Problems in Children** (<http://www.preventblindness.org/children/index.html>) - from the Prevent Blindness America website. Brief explanations of some of the more common vision problems for children.
- **Glossary of parts of glasses** – (http://www.spectaclesblog.com/?page_id=5170) all the terms for glasses parts (including lenses).
- **Glossary of eye and vision conditions** (<http://www.aoa.org/patients-and-public/eye-and-vision-problems/glossary-of-eye-and-vision-conditions>) – from the American Optometric Association. It has short, easy to read definitions, and many terms have links to longer explanations.
- **Eye Power Kid's Wear** (<http://eyepowerkidswear.com/>) - this is a great company that makes shirts and other fun accessories for young children in glasses, contacts, and eye patches. The site also includes a lot of stories of children with vision issues and helpful tips for parents, particularly around young children in contacts.