

SUGGESTIONS FOR HELP WITH PATCHING

SKIN CARE:

- 1) Can use a hole punch and punch holes in the adhesive part of the patch and rotate the holes each day to rest the skin and reduce irritation.
- 2) Can apply milk of magnesia to the skin, let dry, and then apply the patch to protect the skin.
- 3) A & D ointment can be soothing and healing to the skin when the patch is removed.
- 4) Have the patch ready to come off at bath time, so it can be soaked off. Water will release the adhesive of the patch.

FIRST TIME PATCHING HELPS:

- 1) Let the child play with an animal. Touching takes their mind off their visual perceptions.
- 2) Physical activities like outdoor play or playing dress up takes their mind off visual perceptions.
- 3) Art projects are good distractions, especially finger painting which also involves touch. Finger painting with pudding, different flavors, is enjoyed by children.
- 4) Have each member of the family wear a patch for the evening meal so all have an appreciation for the child patching and to support the child in a positive way.
- 5) Let child decorate the patch to match their clothing. Purchased stickers can also be a fun way to decorate.
- 6) For the older child setting a timer for the amount of time the patch is to be worn. When the timer goes off, the patch comes off. This helps the child understand the limits of patching.
- 7) JOIN THE EYE PATCH CLUB and help the child participate in the activities and take the school activities to their teacher to help educate their classmates. Teacher and students can wear a patch for 1 hr. to better understand what it's like for the child. You may call our office for club information.

HELPFUL BOOKS:

Blueberry Eyes by Monica Driscoll Beatty, Health Press, (800) 474-0303.
Security is an Eye Patch by Charles Schultz.
Glasses-Who Needs Them by Lane Smith.