

WE CARE FOR EYE CARE

Lawrence & Mayo enjoys pride of place in the retail optical industry with an experience spanning more than 130 years. We bring to our customers state-of-the-art equipments, latest technology and International products.

- ▶ Quality eye care through our PRECISION EYE TEST.
- ▶ Transparency & consistency in pricing.
- ▶ Wide range of frames, spectacle lenses, contact lenses, sunglasses, eyewear accessories – both domestic and international brands.
- ▶ Quality services through continual improvement in equipment and process.
- ▶ First optician in India to get the ISO 9001-2000 certification.

Here at Lawrence & Mayo the work culture, technology and customer care has grown for over 130 years, nurtured by our committed dedication to serve your eyes. For more information, email us at info@lawrenceandmayo.co.in

Our National Network

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- ▶ BANGALORE : Barton Centre 25588170 / 25588815, N. R. Road 22133135 / 22120318 / 22120309, Indiranagar 25205329, Koramangala 25631877, Jayanagar 22456124, Malleswaram 23311392
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Eyecare for the Apple of your eyes

A Parent's guide to child's eye care



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Good vision is very important to children, because so much of what they learn is taken in through their eyes. Although most children have good eye sight in infancy, any defects such as a squint unless treated at an early age will cause problems later on in life. As a parent, you strive to help your child develop into a healthy adult. Therefore, below are few signs that you could look out for or your child's teacher may notice.

- Short attention span (for the child's age) or frequent day dreaming.
- Frequent eye rubbing or blinking/squinting.
- Poor hand eye coordination (such as throwing and catching a ball).
- Avoiding close work.
- Complaints of headache or blurring of vision.
- Drop in scholastic and athletic performance.
- Holding a book very close to read.
- Sitting very close to the television or computer.

Lawrence & Mayo suggests that children should usually have their first eye test at around 3 years of age (or sooner if suggested by your doctor), before playgroup or school begins.

Your Lawrence & Mayo optometrist will check for refractive errors, such as

Myopia or Short Sightedness:

Occurs when the eye ball is too long or the power of the eye is too strong. Short sighted people can usually see near objects clearly but things further away are more blurred.

Hypermetropia or Long Sightedness:

Occurs when the power of the eye is too weak or the eye ball is too short. Long sightedness is common in children and a slight degree may not need correction. Long sightedness can make the eyes try too hard to focus causing headaches or some times a squint.

Objects seen in different refractive errors



Normal Vision

Myopia

Hypermetropia



World-class dispensing services

Quality and comfort are just as important as appearance. At Lawrence and Mayo, our highly skilled dispensers follow world-class techniques across stores to ensure excellence in every facet. From ensuring that your child's spectacles have the perfect fit and vision, to very carefully adjusting and aligning your child's frame before taking eye measurements to avoid any discomfort.



from the specialist!

Like you, we take utmost care when it comes to your child's vision. Our expertise helps us to handle your child's requirements precisely with the right fit, comfort and clarity. ■ ■



Astigmatism:

Occurs when the front of the eye is irregularly curved and this results in distorted vision. You can have astigmatism as well as long or short sight.

Your Lawrence & Mayo optometrist will also check for eye disorders, such as

Colour Blindness:

This does not mean you can't see colours but you may find it hard to tell the difference between certain colours such as red and green. Colour blindness usually runs in the family and is more common in boys than girls.

Amblyopia or Lazy Eye:

Occurs when an eye does not learn how to see because of a fault in coordination or focusing when the eyes are developing. The result can be a lazy eye which does not work as well as the other.

Squint:

When the two eyes don't look in exactly the same direction it is known as a squint. Very small children and babies may appear to squint because of a small fold of a skin between their eyes and the bridge of their nose. If this does not change as the child grows you should consult an Ophthalmologist who will advise on the best course of treatment.



Eyewear for your Child

Children's spectacles are specially designed to fit properly and may include one or more extra features to make them comfortable, safe and easy for your active child to wear.

- Spring sides add durability and increase long term fit.
- Soft, one piece nose pads which cushion the spectacles across the bridge are ideal for small noses!
- Curved, wire ear pieces to keep spectacles on the face and reduce pressure on the ears.
- Plastic Lenses are light weight and resistant to breakage.
- Polycarbonate Lenses are thinner and lighter in weight with impact resistance and also gives 100 percent protection from harmful ultra violet rays.





Is it necessary for my child to wear sunglasses?

Your child needs sun protection just as much as you do and sometimes even more, since they spend more time playing outdoors and in direct sunlight. UV protection is very important for children. Most sunglasses feature 99 percent or 100 percent protection from UVA and UVB rays and are suitable for wear by children as well.

Should my child be interested in contact lenses?

"Whether they are into ballet, playing cricket or basketball your child may express a desire to wear contact lenses". One can't over stress to you and your child on the need to be aware of the high level of care required to keep their contact lenses safe, clean and the importance of regular tests as advised by your Lawrence & Mayo optometrist.

Are there any other important things?

- Always keep a spare pair of spectacles, you may never know when it will be needed.
- Use spectacle cords and spectacle bands to keep the spectacles in place.
- If your child refuses to wear spectacles, motivate him to wear them by showing him his favorite cartoon characters or any of the sport stars wearing specs



Few tips for reducing eye problems while watching TV:

Having additional lighting in the viewing area is good as it reduces strain. The ideal distance for watching TV should be at least 3 meters. The TV and the viewer should be at the same level. Your child may often watch TV while sitting on the floor or lying in bed. This may result in fatigue of the eyes and the neck muscles.



Nutrition for your child:

Proper nutrition in childhood can reinforce lifelong eating habits that contribute to your child's overall well being and help them to grow to their full potential. A healthy nutritious diet will go a long way in preserving your child's precious eye sight.



Ensure that these foods are a part of your child's diet:

- Vitamin A: cod liver oil, liver, carrots, sweet potatoes.
- Vitamin C: peppers (red or green), kale, strawberries, broccoli, oranges, mangoes.
- Vitamin E: sunflower seeds, almonds, peanuts, mangoes.
- Lutein and zeaxanthin: spinach, green beans, corn, broccoli.
- Bioflavonoids: citrus fruits, cherries, grapes, plums.

Eye Screening at Schools:

Lawrence and Mayo offer a Vision Screening Program (VSP) for school students. Our team of specialists will perform eye screening tests at the school to detect the health of students' eyes with recommendation for correction, if any. For more details on VSP email us at info@lawrenceandmayo.co.in

