Letter to Child: Patching

Dear [Child’s name]

I’m so proud of you for helping your eye get stronger by wearing your patch. Your patch is like its special workout to help it become super strong!

**Why is your patch so important?**
Sometimes one eye needs a little extra help to catch up to the other. By covering the stronger eye, it can practice seeing better. This superpower only works for kids, which makes it extra special!

Here’s what you can do to help:

1. Wear your patch every day like your grown-ups tell you.
2. Be patient. Sometimes things might look a bit blurry, but that’s your eye working hard!
3. If your patch feels loose or funny, ask a grown-up or your teacher to help stick it back on.

**What might feel different?**
You might notice that some things are a little trickier with your patch on, like:

* Colouring or drawing.
* Catching a ball.
* Reading or writing.

That’s okay! Your eye is doing its superhero training, and it’s normal for things to feel tricky sometimes. If you need extra time, just let a grown-up or your teacher know, they’re happy to help!

Every day you wear your patch, you’re helping your eye get stronger and better at seeing. Keep up the awesome work, you’re doing a great job!

Your friend,
[Your name]