Letter to Parent: Patching

Dear [Parent/Guardian’s Name],

Thank you for your continued commitment to [Child’s Name]’s patching treatment for amblyopia. Your support plays a vital role in helping their vision improve.

Patching can sometimes feel like a challenge, so here are some tips to make the process easier and even fun:

**Top tips for patching success**

1. Use a visual timer. Seeing the time count down can help them feel more in control.
2. For children with sensitive skin, milk of magnesia can help. Spread it on the area where the patch will go, let it dry, and then apply the patch.
3. Encourage activities that keep their hands busy while patching, like crafts, drawing, or playing. Mealtimes also work well since they’re already focused on eating.
4. Routine and consistency is key! Try patching at the same time every day. Using mealtimes as markers can help, for example, putting the patch on at breakfast and taking it off at snack time.
5. Make it fun! Let your child decorate their patches with stickers or drawings before wearing them. You could also tie patching to a favorite activity, like wearing the patch during iPad time or creating a special “patch and play” session.
6. Consider their vision and plan engaging activities that work well with blurred vision, such as playing with larger toys, doing crafts, watching cartoons or listening to audiobooks.
7. Track progress and celebrate small wins. Ask your Orthoptist for a patching poster or diary to complete. Stickers for milestones can help keep them motivated.

**What to expect**

While wearing their patch, your child may find some tasks more challenging, like colouring, reading, writing, or catching a ball. They may have a tendency to tilt or turn their head, or change their behaviour. This is normal and a sign that their weaker eye is working hard. Offering encouragement and allowing extra time for activities can help ease any frustration.

Your involvement and creativity make a big difference in their success. For further information and resources, scan the QR code below. If you have any questions or concerns about patching, or your child's wellbeing, please don’t hesitate to reach out to your Orthoptist.

Sincerely,
[Your Name]
[Contact Information]