

The California Paraoptometric Section is interested in having more volunteers serve on the section's board. Please join us in developing useful programs for our members, and to spread the word by recruiting new CPS members! Contact Kim Pantel for more information at khym@hotmail.com.



Kim Pantel, ABOC, OA, CPOT, NCLE

QUICK TIPS TO MAKE YOUR OFFICE CHILD-FRIENDLY

Before a child visits, as a patient or a guest, we need to make the office as safe and welcoming as possible. Here are a few quick tips to implement to assist in making children, as well as their parents, feel comfortable in your office.

Have something interesting on-hand for children to do:

- Toys should be large enough not to be swallowed and safe if put in the mouth — toys I do not recommend include crayons, toys that can be wielded as weapons, or noisy toys. Visit sites like www.the-toy-palace.com and www.oaktreeproducts.com for ideas.
- Small tables with wooden beads on metal tracks work well because everything is attached.
- Cardboard or plastic books hold up better than paper.
- Children's magazines are available such as *Highlights*, *Sports Illustrated for Kids*, or *Nickelodeon*.
- Have on-hand a great selection of children's frames where they can try the frames with or without assistance.
- Disinfect toys and surfaces every evening.

When it comes to office décor:

- Anchor shelves or other tall furniture with safety straps, which is important in earthquake-prone California.
- Cover all electrical plugs, including surge protectors that may be in the area.
- Avoid furniture with sharp edges or glass components — small, sturdy furniture works in some offices.
- Coffee makers and cups should be placed high.
- A no food or drink policy can be invaluable.
- Be sure a television is safely displayed, content is age-appropriate, and keep control of the remote!

For the exam:

- A colorful lab coat or none at all makes a child more comfortable.
- Have a colorful toy as a focus object at the far end of an exam room — ours is a monkey with cymbals that the child can operate at the end of the exam.

And after the visit:

- Give the parent a packet of children's vision information.
- Give the child a sticker, coloring book, or small toy.

Overall, flexible appointment times are a must in child-friendly practices. Be friendly, but not condescending to children. If the child engages in dangerous activities without supervision, feel free to firmly tell the child to stop that behavior. An annoyed parent is better than a lawsuit.



CPS Update

WELCOME! New CPS Members

Lianna Estes
Antwanett Ragland
Zoyla Vasquez