

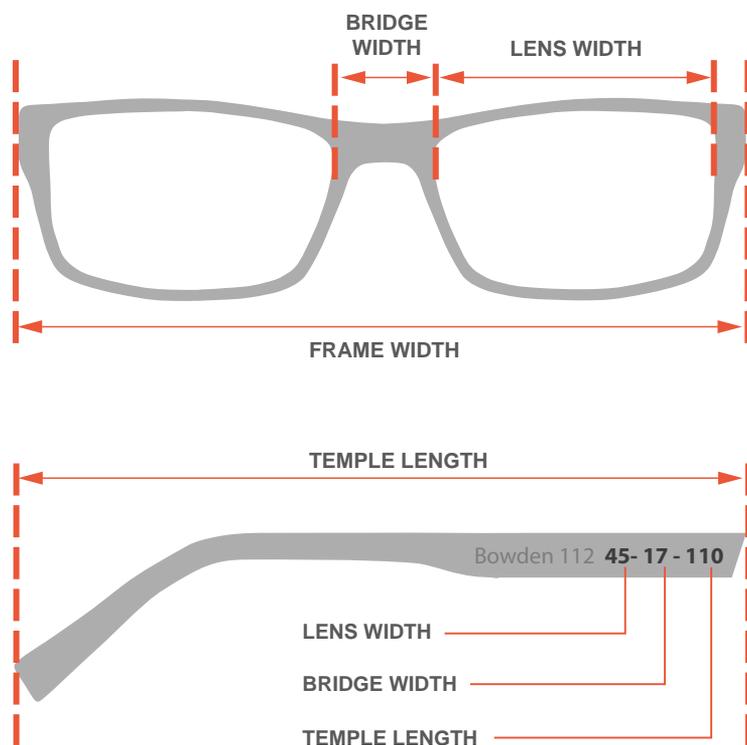
THE PERFECT FIT

These are general guidelines for sizing frames for our different age categories.

	PEEPERS	LITTLE SPECS	BIG KIDS	TEENS
Ages:	under 4 years	4 - 8 years	8 -12 years	12 years and older
Lens width:	34 - 40	41 - 44	45 - 46	47 - 50
Frame width:	77 - 98	98 - 110	105 - 110	111 - 125
Bridge width:	11 - 18	14 - 22	13 - 20	15 - 20

FIND THE SIZE OF YOUR CURRENT FRAMES

If you already have glasses that fit well, there are usually three measurements on the temple arm that will guide your purchase of a new pair. Another important measurement is the overall width of the frame which should be close to the width of your face (from temple to temple). To get this number, just use a ruler with mm (millimeters).



CHECKLIST- DO THESE GLASSES FIT WELL?

- ✓ The distance on your face from temple to temple should equal or be slightly smaller than the overall width of the frame.
- ✓ Your pupils should be positioned close to and centered within each lens, regardless of lens shape.
- ✓ Bridge width and bridge placement on the frame (low or high) should work with the shape of your nose. A wider/longer nose may need a wider bridge and the placement of the bridge can be lower on the frame. Shorter/skinnier noses may need a narrower bridge and the bridge placed higher on the frame.
- ✓ Temple length should be comfortable and position the frames properly on your face.
- ✓ The frames should not hide your eyebrows. Rather, the top of the frame should be directly below your brow. If the frames you choose are curved top, the curve should compliment the natural shape of your brows.
- ✓ TRY THEM OUT! The key is comfort and function. Hop, skip, run. The glasses should not pinch or move around when you laugh or raise your eyebrows. If the glasses touch your brow or rest on your cheeks, they don't fit correctly. Sometimes, slight adjustment to the ear piece and nose pieces can resolve these issues. Some adjustments can be done at home but it is better to visit an opticians office and have a professional fit your glasses.

ARE YOU READY TO ORDER YOUR NEW FRAMES?

1

Make sure you have an UP-TO-DATE PRESCRIPTION! If your prescription is over 2-years old at the time of ordering your frames, we will not be able to fulfill a request with prescription lenses. Schedule an appointment with your optician and then finish your order. Alternatively, you can order your frames without lenses and have your optician insert new lenses.

2

Make sure you have your PUPILLARY DISTANCE (PD)! Sometimes this measurement is included on your prescription. If not, it is easy to measure by yourself. You can also get this measurement for free or a small charge at any opticians office.