

Pointers For Parents

Building Self-Esteem

(NAPSA)—Many tweens and teens are hit especially hard during adolescence as they face the “Trifecta of Awkwardness”—braces, acne, and vision-correction.

“Children today are growing up faster than they used to,” says Michele Borba, Ed.D., internationally recognized expert on children,



Parenting expert Dr. Michele Borba gives advice to parents on how to improve their teens' self-esteem.

teens and parenting. “Many parents are seeing that the stress from peers—and insecurities about appearances—now begins at a younger age.

“The desire to do well in school and sports, while being accepted socially, is a natural part of childhood development,” says Dr. Borba. “Not being able to play sports or worrying about how they look can leave many teens feeling anxious, stressed out and unhappy.”

Studies have shown that teens who wear contact lenses receive benefits beyond simply correcting their vision—improving how they feel about their physical appearance, acceptance among friends and ability to play sports. For children who initially disliked wearing glasses, contact lenses also made them more confident about their academic performance.

Many eye care professionals recommend daily disposable contact lenses, like 1-Day Acuvue Moist Brand Contact Lenses, as the healthiest option for teens. Parents should talk to their teens and then talk to their eye care professional about the best course. For more information, visit www.Acuvue.com.

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Important information for contact lens wearers: ACUVUE® Brand Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call (800) 843-2020 or visit www.Acuvue.com.