

How to Measure Your Child's Pupillary Distance — at Home —



Pupillary distance (PD) is the measurement of the distance between the centers of your child's pupils. When ordering glasses online, knowing your child's PD ensures that their new glasses will fit them properly.

Here's how to measure it easily at home.

01

Have your child sit down facing you, with your eyes directly across from theirs.

02

Hold the ruler against the bridge of their nose. Close your right eye; Looking through your open left eye, align the zero point of the ruler with the center of the pupil (the black circle in the middle of the colored part of the eye) directly across from you (your child's right eye).

03

Now, close your left eye, without moving the ruler, look through your right eye at the eye across from you (your child's left eye), noting the **number in millimeters** at which the center of your child's pupil falls.

04

Repeat this procedure 3 times for accuracy, and use the average number as your child's final PD measurement.

