Measuring your childs pupillary distance
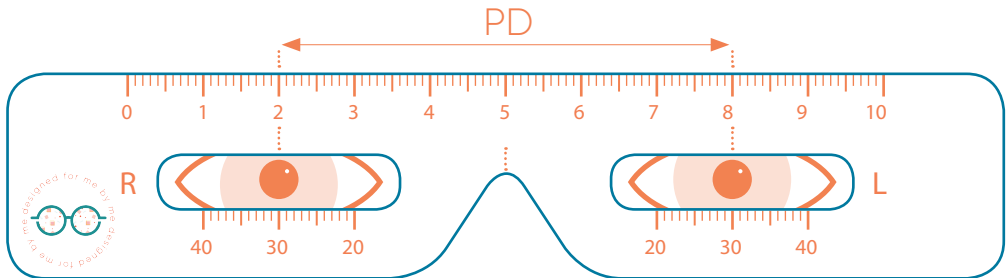
Use this ruler to determine the distance between the center
of your child's pupils called pupillary distance or PD.

Cut the measuring tool along the blue lines. Don't forget to cut
out around the eyes as well. Then, place it in the middle of your child's
nose and make note of the distance between the centers of their pupils.
Make sure that they are looking straight at you while taking the measurement.

You can also measure each eye separately. To do this, follow the same
steps except, measure each pupil based on where the center lines
up in each opening. Write them as RPD and LPD respectively for right and left.

in this example, the PD here is equal to 60mm
RPD = 30mm
LPD = 30mm

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