

Using Binoculars with children – things to tell new users



How to use Binoculars

1. They are delicate so don't drop or knock them.
2. Always keep the strap around your neck
3. Don't touch the lenses
4. Always stand still to look through binoculars. You don't want to trip over something you did not see.
5. Don't look at the sun with them
6. Do stand still when looking through them

You can use the following information to explain how to use binoculars. Adapt the explanation to suit your group

How to set them up to suit your eyes

1. With the naked eye, choose an object not too far away, which is not moving. Good objects to use are things like a sign with writing on, or a car number plate.
2. Bend the barrels apart until the eyepieces are at the right distance apart for your eyes – when you look through, there should be no black splodges.
3. Set the right-side eyepiece to the 'zero' setting (it has a little scale marked 'plus' and 'minus').
4. Close your right eye. Look at the object with your left eye. Bring the binoculars up to your eyes and focus on the object using the focus wheel (in between the two barrels).
5. Bring the binoculars down. Open both eyes. Look at the object again. Bring the binoculars up to your eyes and focus on the object using the right-hand eyepiece (it doesn't turn all the way round, so don't force it past it's stop).
6. Turn the right-hand eyepiece to get the best picture. At one point, the picture should be at it's best. The picture should be clear and your eyes should not feel strained.

From now on:

1. To get a good picture of birds that are nearer or further away from you, just turn the centre wheel to change focus
2. Enjoy watching the birds!