

CHILDREN'S VISION DIGITAL SCREEN TIPS



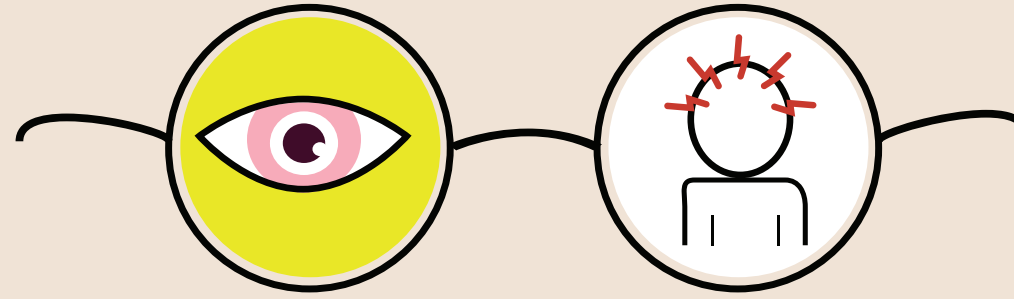
WHEN A CHILD DOES THIS:



INABILITY TO SLEEP



FREQUENT RUBBING OF EYES



TIRED EYES

HEADACHES



DIFFICULTY FOCUSING

IT'S TIME TO DO THIS:

ENCOURAGE HEALTHY SCREEN HABITS!



Birth to 1 year of age:
No digital media use.



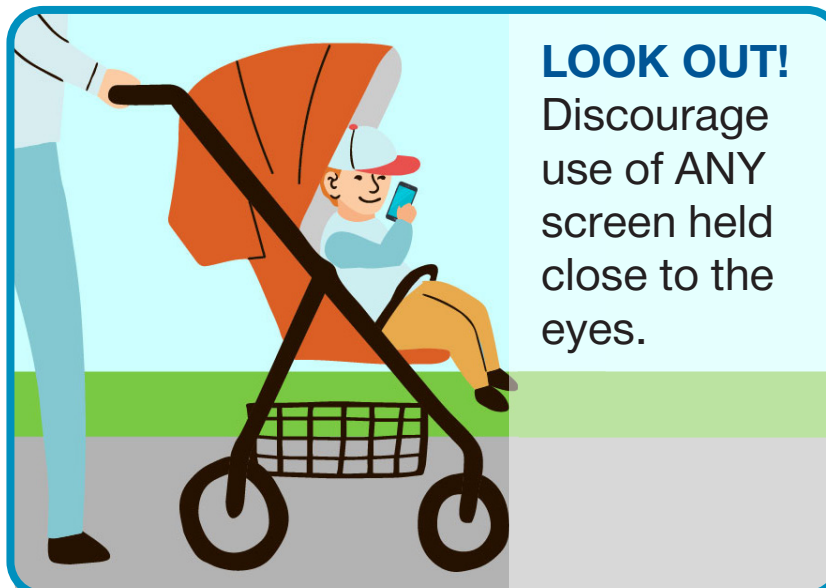
Ages 2 through 5 years:
1 hour a day maximum.



Ages 6 years & older:
Consistent management of screen time & content.

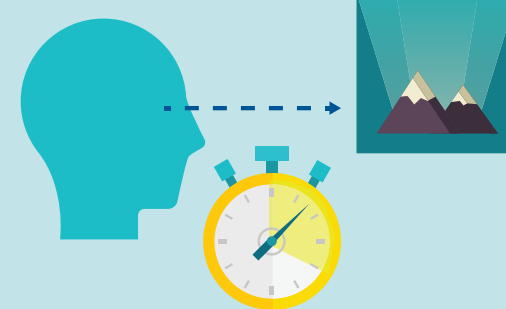
PLAY OUTDOORS!

1 to 2 hours daily builds & maintains healthy vision.



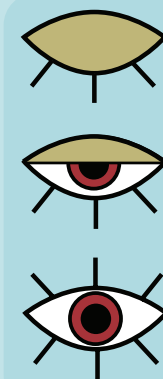
LOOK OUT!

Discourage use of ANY screen held close to the eyes.



LOOK UP!

Frequent screen breaks let eyes relax. Look into the distance several times an hour.

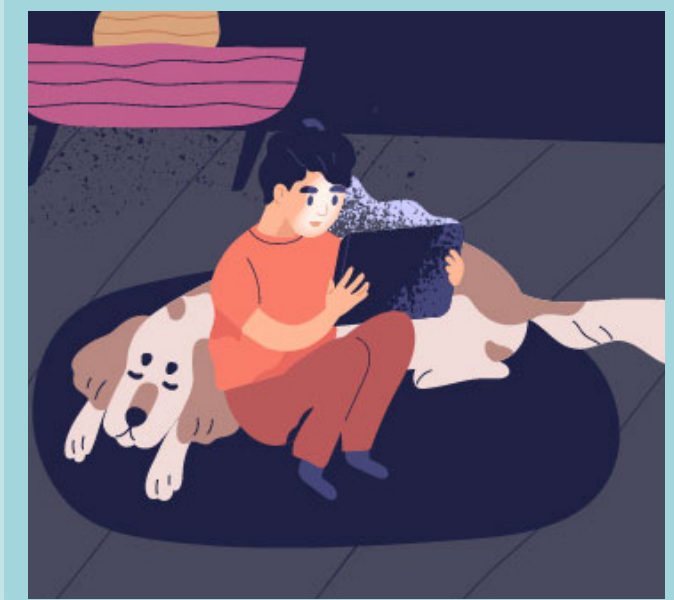


BLINK!

- Often and fully to keep eyes moist
- Don't exceed contact lens wearing time. Wear glasses when home.

SHUT DOWN!

Stop device use 1 to 2 hours before sleep.



SIT UP!

Use good posture.

Screen

- At arms-length.
- Slightly below eye level.
- Tilted away.

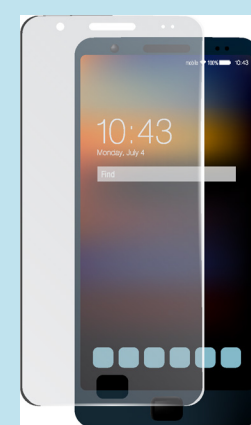
Light behind user.



SEE COMFORTABLY!



Adjust screen brightness and contrast.



Consider use of blue light filters on screens & anti-reflective coatings on eyeglasses.



Avoid Screen Glare.



AA
Adjust screen font size.

Use easily readable fonts like Arial or Verdana.

KNOW THE SIGNS!

Ask the pediatrician or school nurse to check the child's vision.

To learn vision symptoms that need evaluation by an eye doctor, visit our website.



VISIT AN EYE DOCTOR!

Children's vision can change quickly. Always seek eye care if:

- Vision symptoms persist.
- The child does not pass a vision screening.

- Replace damaged or out-of-date eyeglasses & contact lenses.
- Schedule routine eye exams as recommended.
- Check with your health insurer. Most children's policies cover eye exams and some cover eyeglasses & replacements.

FIND OUT MORE! preventblindness.org/kids-screens