

CHILDREN'S VISION DIGITAL SCREEN TIPS

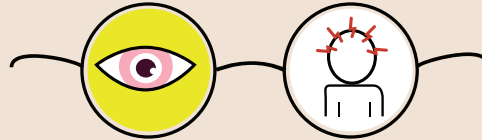
WHEN A CHILD DOES THIS:



INABILITY TO SLEEP



FREQUENT RUBBING OF EYES



TIRED EYES

HEADACHES



DIFFICULTY FOCUSING

IT'S TIME TO DO THIS:

ENCOURAGE HEALTHY SCREEN HABITS!



Birth through 1 year:
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.



LOOK OUT!

Discourage use of ANY screen held close to the eyes.

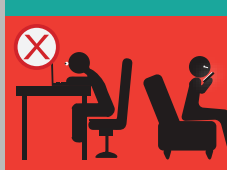
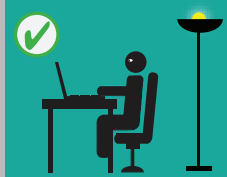


SIT UP!

Screen

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

Light behind user.

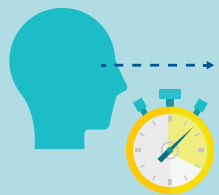


SEE COMFORTABLY!



Adjust screen brightness & contrast.

Avoid Screen Glare



LOOK UP!

Look into the distance several times an hour.



BLINK!

To keep eyes moist.



SHUT DOWN!

Stop device use 1 to 2 hours before sleep.



KNOW THE SIGNS!

that might indicate a vision problem. Children's vision can change quickly.



VISIT AN EYE DOCTOR!

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- Replace damaged or out-of-date eyeglasses & contact lenses.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.

FIND OUT MORE! preventblindness.org/kids-screens