



# **CHILDREN'S VISION DIGITAL SCREEN TIPS**

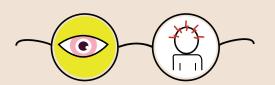
### WHEN A CHILD DOES THIS:



**INABILITY TO SLEEP** 



**FREQUENT RUBBING OF EYES** 



**TIRED EYES** 





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!**



LOOK OUT! Discourage use of ANY screen held close to the eyes.

### SIT UP!

- · At arms-length
- · Slightly below
- Tilted away

Light behind user.



- eye level

### **SEE COMFORTABLY!**



Adjust screen brightness & contrast.









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- ☐ Replace damaged or out-of-date eyeglasses & contact lenses.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

This document has been compiled by Children's Vision Massachusetts using online information provided by the American Academy of Ophthalmology, the American Academy of Pediatrics, the American Optometric Association, the World Health Organization, Prevent Blindness, and the National Center for Children's Vision and Eye Health at Prevent Blindness. The information provided in this Prevent Blindness fact sheet is designed to support, not replace, the relationship that exists between a patient and his or her doctor. This sheet may be reproduced unaltered in hard print (photocopied) for educational purposes only. Electronic reproduction, other reprint, excerption, or use is not permitted without written consent. Contact Prevent Blindness for updates. 1/21 @ 2021 Prevent Blindness All rights reserved.