

# CHILDREN'S VISION DIGITAL SCREEN TIPS

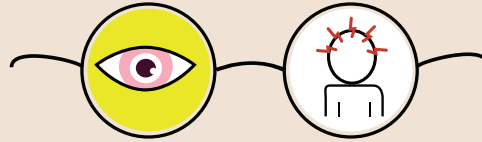
## WHEN A CHILD DOES THIS:



**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.

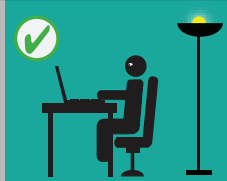


### SIT UP!

**Screen**

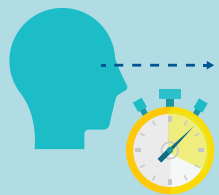
- At arms-length
- Slightly below eye level
- Tilted away

Light behind user.



### SEE COMFORTABLY!

**Adjust** screen brightness & contrast.



**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- Replace damaged or out-of-date eyeglasses & contact lenses.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](http://preventblindness.org/kids-screens)