**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.

**SEE COMFORTABLY!**

- Adjust screen brightness & contrast.
- Avoid Screen Glare

**SIT UP!**

- **Screen**
  - At arms-length
  - Slightly below eye level
  - Tilted away
  - Light behind user.

**BLINK!**

To keep eyes moist.

**SHUT DOWN!**

Stop device use 1 to 2 hours before sleep.

**LOOK UP!**

Look into the distance several times an hour.

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- Replace damaged or out-of-date eyeglasses & contact lenses.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

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