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□ Replace damaged or out-of-date eyeglasses & contact lenses.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

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