

CHILDREN'S VISION DIGITAL SCREEN TIPS

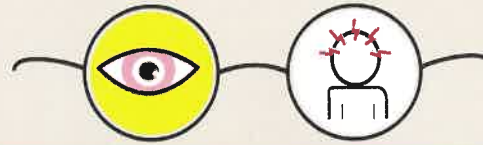
WHEN A CHILD DOES THIS:



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- Replace damaged or out-of-date eyeglasses & contact lenses.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