

# CHILDREN'S VISION DIGITAL SCREEN TIPS

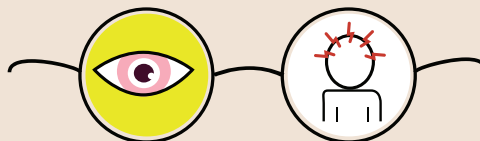
## WHEN A CHILD DOES THIS:



**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.

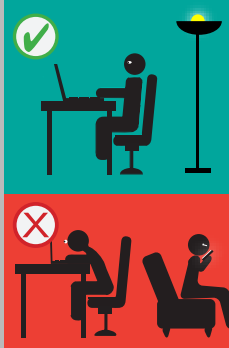


### SIT UP!

#### Screen

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

Light behind user.

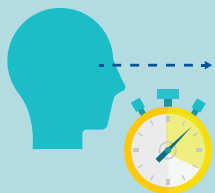


### SEE COMFORTABLY!



**Adjust** screen  
brightness & contrast.

### Avoid Screen Glare



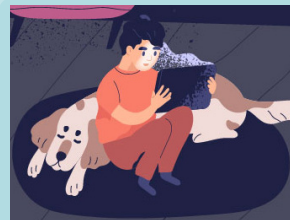
### LOOK UP!

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out-of-date eyeglasses  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](https://www.preventblindness.org/kids-screens)