

SCREEN TIME AND THE EYES FOR CHILDREN

Use the acronym SCREENS to keep children's vision healthy while using technology.



Screen Limits

Children under 2 Years: No screen time outside of video phone time
Children 2-5 Years: Limit to 1 hour per day. Opt for a bigger screen if possible.

Comfortable



Keep computers and tablets at arms length away to reduce strain on the eyes.



Rest

Follow the 20/20/20 rule:
Every 20 minutes of looking at a screen, take a 20 second break and look 20 feet away.

Eye Fatigue



If your child notices any eye irritation after screen time, encourage them to blink more.

Exit Outside

Encourage your child to spend time outdoors, 1-2 hours per day. Exposure to sunlight can reduce the risk of developing myopia (nearsightedness).

No Nighttime Screens



Stop screen time use at least 1 hour before bedtime.



Screen Settings

Decrease the brightness and increase the contrast on your child's electronic devices.