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 to 1 year of age:
- 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 builds & maintains healthy vision.

LOOK OUT!
- Discourage use of ANY screen held close to the eyes.

SIT UP!
- Use good posture.
- Screen:
  - At arms-length.
  - Slightly below eye level.
  - Tilted away.
- Light behind user.

KNOW THE SIGNS!
- Ask the pediatrician or school nurse to check the child’s vision.
- To learn vision symptoms that need evaluation by an eye doctor, visit our website.

VISIT AN EYE DOCTOR!
- Children’s vision can change quickly.
  - Always seek eye care if:
    - Vision symptoms persist.
    - The child does not pass a vision screening.

SEE COMFORTABLY!
- Adjust screen brightness and contrast.
- Consider use of blue light filters on screens & anti-reflective coatings on eyeglasses.
- Use easily readable fonts like Arial or Verdana.

Avoid Screen Glare.
- Adjust screen font size.
- Replace damaged or out-of-date eyeglasses & contact lenses.
- Schedule routine eye exams as recommended.
- Check with your health insurser. Most children’s policies cover eye exams and some cover eyeglasses & replacements.

FIND OUT MORE! preventblindness.org/kids-screens

This document has been compiled by Children’s Vision Massachusetts using online information provided by the American Academy of Ophthalmology, the American Academy of Pediatrics, the American Optometric Association, the World Health Organization, Prevent Blindness, and the National Center for Children’s Vision and Eye Health at Prevent Blindness. The information provided in this Prevent Blindness fact sheet is designed to support, not replace, the relationship that exists between a patient and his or her doctor. This sheet may be reproduced unaltered in hard print (photocopied) for educational purposes only. Electronic reproduction, other reprint, excerption or use is not permitted without written consent. Contact Prevent Blindness for updates. 1/21 © 2021 Prevent Blindness. All rights reserved.