

S

Screen limits: Limit recreational screen time for older children who use devices for school. When screens are needed, use larger displays kept farther away.

C

Comfortable: Ensure your child sits upright with the screen at eye level and an arm's length away to promote good posture.

R

Rest (20/20/20 rule): To avoid eye strain, have your child look 20 feet away for 20 seconds every 20 minutes.

E

Eye drops: Screen use reduces blinking and causes dry eyes. If your child experiences redness, pain, or blurriness, remind them to blink or use over-the-counter lubricating drops.

E

Exit outside: Along with limiting screen time, encourage 1–2 hours of daily outdoor play for necessary sunlight and physical activity.

N

No nighttime screens: Stop device use at least 1 hour before bed, as screen time before sleep can keep your child awake longer.

S

Screen settings: Lower the brightness and increase the contrast on your child's devices to make them easier on the eyes.

