Screen Time & Eye Health
Healthy eyes start with healthy habits

Healthy eyes help children learn, play, and explore with confidence. Good vision supports your child's development, when their eyes are working well, children can focus better, feel more comfortable, and enjoy activities like reading, sports, and drawing. Most children are born with healthy vision – but too much screen time can affect this. With the rise in device use, more and more children are developing vision problems.

Increased risk of short-sightedness (Myopia)
Children today are twice as likely to become short-sighted compared to 50 years ago. This means they may struggle to see things clearly in the distance, like the whiteboard at school or road signs.

Digital eye strain
Staring at screens for long periods can make children's eyes tired and uncomfortable. This is known as digital eye strain, and it can cause:
• Headaches
• Blurred vision
• Eye discomfort

Top Tips to support eye health.

● Spend time outdoors – natural light is great for growing eyes

★ Encourage regular screen breaks – follow the 20-20-20 rule (every 20 minutes, look 20 feet away for 20 seconds)

▲ Make sure your child sits at the proper distance from screens

■ Book an eye exam if you notice your child's vision has changed or they report any of the symptoms mentioned above.

Another useful thing to know....just 2 hours of outdoor time a day can help protect against myopia.

We know it may be tough to move your child away from screens. We urge you to not give up! The steps you take will help protect your child's eyes.