

HORVATH VISION CARE NORTHWOODS

DEVICE ADVICE

Technology Advice to Help Prevent Eyestrain:

Our #1 Rule! Take a 20 second break every 20 minutes and look 20 feet away.

- Choose a comfortable, supportive chair so that the child's feet are on the ground
- Limit leisure screen time to **2 hours/day**- Media extends far beyond TV. Cell phones and tablets allow children to play games and watch videos *anywhere*.
 - **Track Your Media:** Start by making a list of you and your children's media devices. Track their media use by device. You will be surprised how quickly it adds up.
- Take notice if children are squinting or rubbing their eyes
- Remind children to hold the device at a proper distance (a minimum of 12 inches from their eyes)
- Adjust lighting: bright lighting to allow for best contrast during the day. Switch device to nighttime mode starting 2 hours before bedtime

ESTABLISH TIME LIMITS: Remember that kids do not have awareness of the time they spend on digital devices. They DO NOT self limit.

Pre-School/Kindergarten	Elementary	Middle/High School
-2 hours or fewer -Increase font size	-Cell phones- quick tasks only! -Take frequent breaks -Hold device equivalent distance to child's forearm	-Place screen 20-28 in from child's eyes -Align top of screen at eye level -Use phones for texting, not reading articles or documents Breaks every hour

Advice to Parents:

Develop a plan/rules, communicate these rules and enforce them!

- Family media Time Calculator: www.healthychildren.org/MediaUsePlan
- Develop some alternatives to media use
 - "Swap Out"- Swap out 30 minutes of media consumption for a non-media activity (sports, board games, face to face conversation, etc.)
 - Cell phone STOP station- leave phones in this area, determine times that they can be used
 - Media Time Out- Pick a block of extended time with no media use
 - Keep media out of children's bedrooms
- Books to reference: **The Big Disconnect: Protecting Childhood and Family Relationships in a Digital Age** by Catherin Steiner-Adair and Teresa H. Barker. **Screenwise: Helping Kids Thrive (and Survive) in Their Digital World** by Deborah Heitner