

KIDS AND SCREEN TIME

Screens are all around
– but too much time in front of them can be bad for kids.



DEVICES EVERYWHERE



67% of teens have a **Smartphone**



53% of tweens have a **Tablet**



Some teens check social media **100x** per day



Devices Can Cause Damage to Kids

- Eye fatigue
- Obesity
- Eye strain
- Headaches
- Sleep problems
- Nearsightedness
- Attention span problems
- Depression or anxiety

RECOMMENDED LIMITS



Ages Infants to 24 months
Little to None per day



Ages 3-5
up to 1 hour per day



Ages 6-10
1-1.5 hours per day



Ages 11-13
Up to 2 hours per day

THINGS YOU CAN DO



Eat Meals Around your Table

Don't have screens on, including the TV, when you eat family meals together



Encourage a Healthy Diet

Brightly colored vegetables & leafy greens are good for your eyes

(Ask your eye doctor about nutraceuticals)



No Electronics in Bedrooms

Bedrooms should be for sleeping



Encourage Getting Outside

Play a sport with your child, take a walk together



Establish Screen Limits

Let your kids know the screen limits for each device



20/20 Rule

Every 20 minutes, look away from your device for 20 seconds



Set a Good Example

Your actions speak louder than words



Harmon Distance

Distance from eyes to screen (Finger knuckles to elbow)



Most important! Yearly Eye Exam

A complete yearly eye exam from an eyecare provider, beginning at age one

SCHEDULE YOUR CHILD'S EYE EXAM!

Conveniently Located in Colorado Springs & Pueblo

ACADEMY KIDS

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KidsDentalVisionCare.com