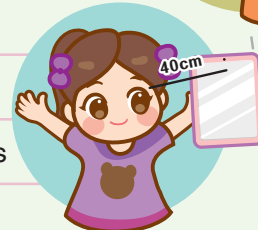## Safe Viewing Distance Equation

Dear Parents,

What do young children usually do during school holidays and after they return home from school? Watching TV, using smartphones or tablets? Electronic screen products have become an indispensable part of the daily life. However, improper use of electronic screen products may cause health problems. Prolonged "sedentary screen time" will lead to problems such as obesity, inadequate sleep, visual symptoms and affect social skills development.

Besides limiting "sedentary screen time" to 1 hour per day, parents should pay attention to the viewing distance of young children and volume when they are using electronic screen products. Below are some tips on using electronic screen products:

★ Adults should accompany young children to give guidance and explanation on the content so as to bring out the educational function of the product

★ Ensure a proper posture and keep an appropriate viewing distance:

   1. A viewing distance of **at least 50cm** from the computer

   2. A viewing distance of **at least 40cm** from the tablet

   3. A viewing distance of **at least 30cm** from the smartphone

★ Have breaks at times. Look at distant objects to relax eye muscles

★ Often change postures to relax muscles of different body parts, such as doing some simple stretching exercises while watching TV

★ Set the volume to **no more than 60%** of the maximum volume when using earphones. Listen for less than a total of 60 minutes a day

50cm · 30cm · 40cm · <60 mins · <60%

Be a role model for young children and cut down on screen time. Develop good habits by engaging in physical activities more often with young children.
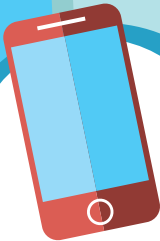
Best regards,
Sporty Bunny

Matching Game

Computer

Tablet

Smartphone

Earphones

At least
30 cm distance

Not more than 60%
of the maximum volume /
Less than a total of
60 minutes a day

At least
50 cm distance

At least
40 cm distance

Dear children, can you draw
lines to match the devices
with correct description?