

Tips for Maintaining a Safe Screen Distance: Don't Let Your Eyes Get Too Close!

Dear Parents,

Last time, I, Sporty Bunny, mentioned the reasons for cutting down screen time and shared some tips. However, in this era of digital overload, electronic screen products have become an indispensable part of our daily lives, from learning and entertainment to family bonding. Therefore, instead of completely banning the use of screen products, we should emphasise the correct ways to use them and remember to protect our eyes and bodies.



In addition to limiting sedentary screen time to 1 hour daily, parents should also provide guidance and explanations to maximise the educational benefits of the activities. At the same time, they should pay special attention to whether young children maintain correct posture and an appropriate distance when using electronic screen products.



Here are some tips on using electronic screen products:

- Remember to maintain correct posture and an appropriate distance: your eyes should be at least 50 cm away from the computer screen, at least 40 cm away from the tablet, and at least 30 cm away from the smart phone
- Take intermittent breaks and look at objects at a distance to relax your intraocular muscles
- Change posture frequently to relax the muscles in different parts of your body, e.g. do some simple stretches when watching TV
- When using an earphone, turn down the volume to below 60% of the maximum output and do not exceed 60 minutes in total per day



Parents should also set a good example for young children by reducing the use of electronic screen products, and engage in physical activity with them more often to develop a healthy and active lifestyle together!



Mini Game

Children, please circle the correct ways to use electronic screen products!

