

# Children need **Less screen time. More green time.** But what to do in COVID times?

## Why increased screen time is not good for children

- Increases the risk of Myopia and Myopia progression  
*Myopia (Nearsightedness) is a common eye condition where you see near objects well, but far-off ones are blurred.*
- Causes stress, anxiety, loss of social skills and other behavioural issues
- Disturbs regular sleep pattern



## Best practices for safe online learning for children

- Duration of online classes must be age-appropriate

### Less than 3 years



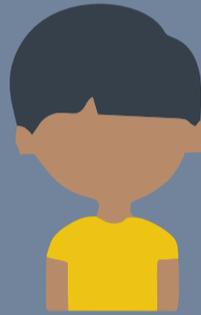
No educational calls

### 4 - 6 years



Less than 90 minutes,  
with one break

### 7 - 12 years



180 - 240 minutes,  
with 2 to 3 breaks

### 12 - 16 years



6 - 8 hours per day,  
with 5 to 6 breaks  
including a long  
lunch break

- After every 45 minutes, children must be allowed to take a break
- Minimum one session per day of physical training, e.g. yoga, dance, etc.
- Avoid digital modes of homework

## How parents and teachers can help

- Make sure children follow the 20-20-20 rule and blink their eyes frequently

Take a  
**20**  
Second break

Every  
**20**  
Minutes

Look at something  
**20**  
Feet away



- Encourage them to maintain good posture (back straight)
- Encourage physical activities and movement in between classes
- Preferably, ask them to connect to bigger screens like a TV, laptop, desktop, etc.
- The screen should be kept at least 18 - 24 inches away from the child (slightly lower than or at eye level)
- Use screen protectors/matte films to reduce reflections and adjust screen brightness
- Don't let them watch the screen in dim light/very bright light (direct sunshine)
- Don't let them sit directly in front of an AC/fan; this causes their eyes to dry up
- Ensure that their necks don't bend excessively
- Children who use spectacles should wear them regularly



*At home, screen-free zones and times should be identified - dinner table, bedtime, etc. Children follow what parents do and hence parents should follow self-abstinence. Lubricating eye drops can be used in cases of prolonged screen usage.*