

How to protect your child's vision

Tips for Protecting your Child's Vision

The children of this generation are increasingly reliant on smartphones, tablets and TVs for their schoolwork and entertainment. However, excessive screen time coupled with exposure to pollution or sun and UV rays can lead to vision problems. By adopting simple practices, we can help children maintain healthy eyes or spot early signs of eye-related risk.

Protect your young one's eyes by ensuring they:

- **Limit gadget use:** Create a daily screen time schedule that includes both academic and recreational activities. This helps children understand the importance of balancing screen use.
- **Maintain proper posture:** Maintain an appropriate distance from screens keeping them at eye level. This posture minimizes strain on the eyes, neck and shoulders.
- **Use natural light** while reading and doing homework by sitting next to the window or verandah.
- **Explore the environment.** The more they see and do, the more opportunities they will have to develop different aspects of their eyesight.
- **Practice the habit of blinking** which keeps the eyes lubricated. Encourage the 20-20-20 rule. Every 20 minutes look about 20 feet away for 20 seconds and blink 20 times.
- **Use safe toys:** Younger children have a higher risk of eye injuries from toys. Choose safe toys, avoid rough and sharp edges since this can cause accidental eye injuries.
- **Wear Protective gear** like sunglasses or eye shields during sports or recreational activities, walking or traveling in the open.
- **Maintain hand hygiene:** Teach your child the importance of good hygiene, including washing hands before touching the eyes to prevent the spread of infections. Discourage rubbing of eyes as this increases irritation
- **Eat healthy and nutritious food** rich in vitamins, minerals and Omega-3 found in dairy products, green leafy vegetables, nuts, fish and eggs.

Watch out for warning signs of vision problems. If your child complains of more itching, eye strain or blurring of vision, it may be due to an undetected refractive error or any weakness of eye muscles. A quick check-up with an ophthalmologist can help solve this problem.

To know more:

- [Tips to maintain good vision and healthy eyes](#)
- [Daily eye exercise](#)
- [How can I improve my child eye health](#)
- [Tips to keep your child's eyes healthy and safe](#)