

Guidelines for parents for their child's online classes

1. Follow the 20/20 rule- Take a break of 20 seconds after every 20 minutes of near work and look at a distance of 20 feet
2. Stay hydrated and eat healthy
3. Seating position should be good with back support
4. Position the screen so that your child looks at it with a slight downward gaze
5. Adjust room lighting so that the lighting on the device and the surrounding is the same
6. White LED is the best source of light
7. Avoid glare by adjusting the position of the screen
8. Try to use a larger screen

9. Reduce the amount of recreational screen time especially when your child has online classes

10. Avoid screen time at least 2 hours prior to bedtime

11. If you find your child having frequent headaches or eye itching, consult an ophthalmologist immediately

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