



Eye Care Tips for Children



1. Outdoor activities

Research studies have indicated children spending 1-2 hours a day outdoors under daylight can protect them from myopia development.

2. Proper lighting

Children should perform all kinds of visual tasks under proper and adequate ambient lighting.



3. Proper posture and working distance



- Children should maintain a straight and vertical sitting posture while studying, with working distance at least 40 cm from the eyes.
- Avoid poor finger and fist positioning which blocks the sight to the pen tip.

4. Regular breaks (20-20-20 rule)

Children should take a 20-second break for every 20 minutes by looking at things 20 feet away when doing near work.



5. Full time wear of full myopia correction

- If your children are myopic and required to correct the vision as advised by the optometrists, they should wear the correction in full time, especially for those who are wearing myopia control lenses.
- Full time correction will not increase myopia progression.



6. Regular eye check

- Children's visual problems can be identified earlier by regular eye examination before they have symptoms. Early intervention can help correct their vision from getting worse.
- Some visual disorders may be difficult to manage after the critical period, such as amblyopia.

