

6 to 12 years old (Primary school students)	No more than 2 hours of recreational use	Limit recreational screen time to no more than 2 hours a day. Set rules to help children develop time management skills.
12 to 18 years old (Secondary school students)	Avoid excessive use	Adolescents should be trained to develop good time management skills and self-discipline to work independently in preparation for being responsible adults. Regular breaks should be adopted if prolonged screen time is unavoidable (e.g. for academic purposes).

References

- Department of Health, Hong Kong
- American Academy of Pediatrics



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Electronic Screen Product and Eye Health in Children

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The rapid development and increasing popularity of Internet and electronic screen products including computers, tablets, video games, e-books, etc. has raised concerns on children eye health in recent years.

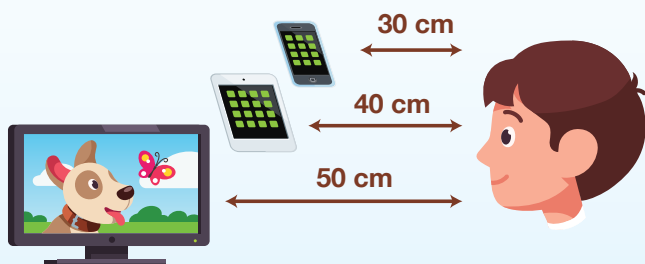
Although there is limited evidence to conclude the long-term adverse effects on eye and vision problems in relation to the use of electronic screen products at present, overuse of these products is not recommended.

The prolonged use of electronic screen products will lead to eye and visual symptoms, such as ocular discomfort, eye strain, dry eye, headache, blurred vision and even double vision.

Here are some tips for children when using electronic screen products:

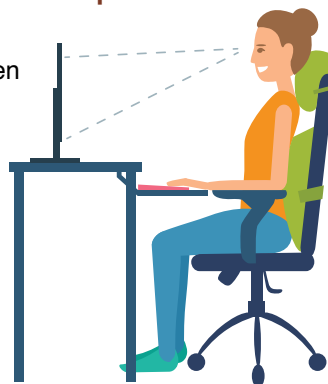
Keep proper viewing distance from screens

Type of Screens	Proper Viewing Distance
Smartphone	30 cm
Tablet	40 cm
Computer	50 cm



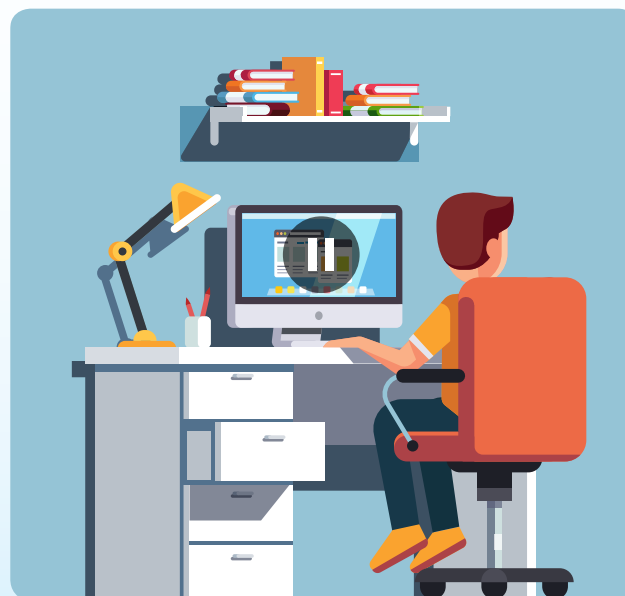
Make reference to occupational safety guidelines in computer setup

- Eyes should be slightly above the top of the screen
- Adjust screen to the appropriate brightness and font size
- Adjust to an appropriate workstation and proper posture



Protective measures for the eyes

- **Blink** regularly
- **Break and rest** – rest for 20 to 30 seconds after 20 to 30 minutes when using electronic screen products
- **Be role models** for children and show them the right attitude



Recommendation from the American Academy of Pediatrics:

Age of Child	Duration of Use	Usage of Electronic Screen Products
Under 2 years old	Try to avoid using electronic screen products	Children under 2 years old need a large amount of parent-child interaction. Young children should avoid contact with electronic screen products unless for interactive video-chat with family members under parental guidance. If parents consider the use of certain screen activities may facilitate learning and development, always accompany their children and set limits for usage.
2 to 6 years old	No more than 1 hour	The daily accumulated time of watching TV or using computer, tablet or smartphone should be restricted to within 1 hour. The screen activities should be interactive and educational, and to be carried out under parental guidance.