

HANDOUTS FOR PARENTS

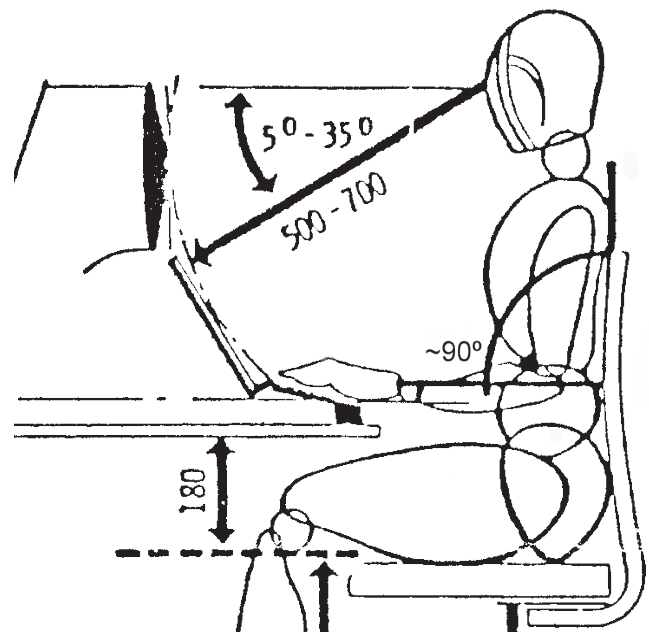
AGE 6-7 YRS

HEALTH CONCERNS

Technology has become ever pervasive and is affecting a child's health in many ways. One of the ways the use of technology has affected children is their health. DMTI's research with parents has highlighted that some of the health concerns for their children include eye damage, posture and the lack of physical activity. The workshop has addressed these issues using easy to learn formats such as story-telling sessions and games that children will pay attention to.

EYE DAMAGE CONCERNS/ COMPUTER VISION

- Ensure the computer workspace is suitable for the smaller body of your child
- Ensure that the screen is slightly tilted downward at a 15 degree angle
- Ensure that the distance between the monitor and child is about two feet
- 20-20-20 Rule - Don't let your child use computers for more than 20 minutes at a stretch. Limit your child's computer and game use to 20 minutes. Take breaks to look at something 20 feet away for 20 seconds.



- To maintain the accurate position, the child needs to sit on an adjustable chair and foot-stool
- Ensure and adjust the lighting in the room as the child uses the computer/tablet
- Consult your doctor, if your child complains of a headache or any eye problem
- Do not let the child use an electronic device in a dark room
- Adjust the screen's distance based on the characters popping to the front of the computer

“IF WE DON'T START TALKING ABOUT IT NOW, IT MAY BECOME A MAJOR PROBLEM IN THE FUTURE”

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