



# Welcome to 'Harbucks' Virtual Coffee House

---

**Maintaining Your Child's Ocular  
Health in a Digital World**  
**February 12, 2021**



Harbor Country Day School

*Embracing the extraordinary in every child.™*



# Ocular Health During COVID

- **What are the interdisciplinary experts saying about ocular health in kids during COVID?**
  - Lockdowns
  - Increased zoom time
  - Virtual Learning
  - Decreased outdoor play
- **Since COVID, more...**
  - Vision changes
  - Dry eyes
  - Blurry vision
  - Eye fatigue
  - Headaches





# Ocular Health During COVID

- **Tip #1: Go Outside**
  - **Myopia - fast growing eye issue**
  - **Up by 60% in past three decades**
  - **Get outside, take breaks, use eye drops all to reduce eye strain**
  - **Sunlight → dopamine**
    - **Dopamine inhibits abnormal eye growth that leads to nearsightedness**





# Ocular Health During COVID

- **Tip #2: Keep Your Distance (From the Screen)**
  - Screens at arm's length
  - Proper posture - feet flat on floor, back straight, wrists off keyboard
  - The eye is designed mostly for distance viewing
  - Size of the screen...
  - Dark/light backgrounds



Harbor Country Day School

*Embracing the extraordinary in every child.™*



# Ocular Health During COVID

- **Tip #3: 20/20/20 Rule**
- **Every 20-min., take a 20-sec. break and look away at a distance of 20-ft.**
  - **This promotes blinking**
  - **We blink 50% less when on a screen**
  - **Dry eyes → rubbing, excessive blinking, blurry vision**
  - **Humidifiers, artificial tears**





# Ocular Health During COVID

- **Tip #4: Find Balance**
  - **Balance screen time/activity time**
  - **<2 yrs. = no screens**
  - **1 hr. Of screens/day until school-aged.**
  - **Don't take away screen but teach management instead**
  - **Eye coverings**
  - **No tech in the bedrooms**





# Ocular Health During COVID

- **Tip #4: Limit the Light**

## How to activate the blue light cancelling feature

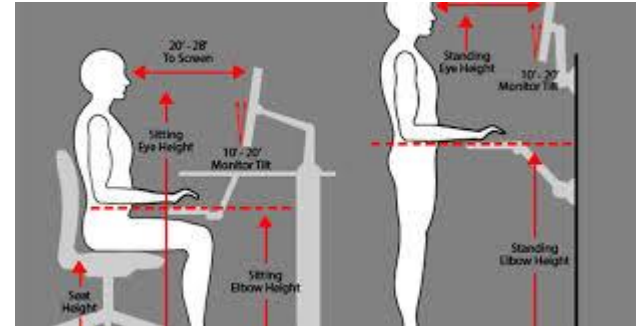
1. Step 1: Open the settings menu.
2. Step 2: Select display.
3. Step 3: Select the appropriate **blue light** cancelling feature. ...
4. Step 4: Activate the **blue** cancelling feature. ...
5. Step 5: **Adjust** the settings to **your** personal preference.





# Ocular Health During COVID

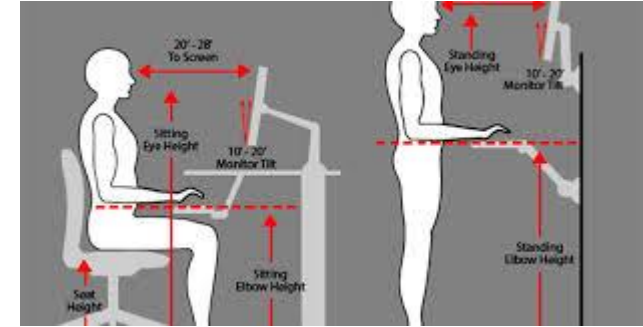
- **Tip #6: Keep Watch**
- **Good habits:**
  - **Wear your glasses**
  - **Take breaks**
  - **Watch for: headaches, blurred vision, dry eyes, double vision**
  - **Make sure glasses fit well**
  - **Eye exams**







# Ocular Health During COVID



Harbor Country Day School

*Embracing the extraordinary in every child.™*



# 'Harbucks' Virtual Coffee House

---

**Children & Screens  
Questions & Discussion**



Harbor Country Day School

*Embracing the extraordinary in every child.™*



# 'Harbucks' Virtual Coffee House

**THANK YOU  
FOR JOINING US!**



Harbor Country Day School

*Embracing the extraordinary in every child.™*