



MINNEAPOLIS  
PUBLIC SCHOOLS

# SCREEN AT 3



## Make Vision Health A Priority

Untreated vision problems can lead to social and educational difficulties as well as further vision problems. Vision problems left untreated before the age of 6 can even lead to permanent vision loss.

## Screen Time & Vision Problems

The number of children with vision problems in the United States is increasing. Experts believe there is a link between screen time and some vision problems.

## Improve Eye Health



### Limit Screen Time

Ages 2-5: Less than 1 hour per day.  
Age 2 and under: Avoid screens.



### Screen Usage Rule

Take a 20 second break every 20 minutes by looking 20 ft away when using screens.



### Increase Outdoor Play

Encourage your child to play outside. Visit [minneapolisparcs.org](http://minneapolisparcs.org) for activities and park locations.



### Discuss with Health Provider

Common symptoms include blurry vision and headaches, squinting, and moving closer to see better.



### Vision Screening

Get your child's vision screened at least once before they begin school (yearly is even better).



### Eye Exams

If a vision concern is identified, a comprehensive eye examination is essential to correct vision and prevent further vision problems.



### Discuss with School

If your child has a vision condition, discuss their vision health with the school nurse and teachers.



## For More Information:

[mpschoools.org/academics/ece/screening](http://mpschoools.org/academics/ece/screening)  
[screen@mpls.k12.mn.us](mailto:screen@mpls.k12.mn.us)  
612-668-3715

## Book a Screening Appointment



[book.appointment-plus.com/7r95my98#](http://book.appointment-plus.com/7r95my98#)