

Advice for the healthy development of children's eyes (age 0- 2)



The eyes of babies and children are vulnerable, they still need to grow and develop properly. If this is not the case, there is a higher probability that your kid needs glasses, develops eye diseases, or even early blindness.

What can you, as a parent, do to service the wellness of your child's eyes? Be aware of your kid holding screens or books very close to his face. Advocate spending a lot of time outside.

Children up to the age of 2 – no screens at all!

Watching screens up close is harmful to the eyes of adults, so it is definitely harmful to the eyes of babies and young children. Children tend to get close to all kinds of screens: smartphones, tablets, and television (by sitting too close).

All these devices emit blue light. This is probably dangerous for the eyes (of young children). By being exposed to blue light, it is difficult for children to fall asleep since it hinders the production of melatonin (the sleep hormone).

Go outside for a minimum of two hours every day, but protect the eyes from the brightness of the sun

When children are outside, their gaze is focused on longer distances. This facilitates the development of the eyes, just as the natural light. But beware, if the sun is bright it is important to protect your child with a hat or sunglasses since the eyes of young children are more sensitive to the sun than those of adults.

Do you want to learn more?

Go to www.oogfonds.nl/projecten-nieuws/gezonde-kinderogen.

Advice for the healthy development of children's eyes (age 2 and over)



Also, for older children, staring at screens or books from too close is not good for the eyes. There is another reason that children shouldn't engage too much with screens, because when they do, they do not move. By moving a lot, children develop themselves properly. They learn a lot by climbing, jumping, cycling, discovering and going on adventures, and playing with other kids. Children that move a lot when they are young enjoy sports and physical activities more later in life. By and large, this is healthy!

Does your kid watch screens from up close? Use the 20 – 20 – 2 rule.

- After watching **20 minutes** up close (with either a smartphone, tablet, or book), look in the distance **20 seconds**.
- Go outside for **2 hours** each day.

20 - 20 - 2

Daylight makes your body produce dopamine. This hormone keeps the eye spherical and healthy.

Do you want to learn more?

Go to www.oogfonds.nl/projecten-nieuws/gezonde-kinderogen.

Or watch (together with your child) www.hetklokhuis.nl/tv-uitzending/3968/Bijziendheid.