6 to 12 years old (Primary school students)  |  12 to 18 years old (Secondary school students)
No more than 2 hours of recreational use  |  Avoid excessive use
Limit recreational screen time to no more than 2 hours a day. Set rules to help children develop time management skills.
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).

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Closed on Sundays and Public Holidays
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Saturday: 9:00 am – 1:00 pm
Closed on Sundays and Public Holidays
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References
• Department of Health, Hong Kong
• American Academy of Pediatrics

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Electronic Screen Product and Eye Health in Children

For enquiries and appointments, please contact us

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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

<table>
<thead>
<tr>
<th>Type of Screens</th>
<th>Proper Viewing Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smartphone</td>
<td>30 cm</td>
</tr>
<tr>
<td>Tablet</td>
<td>40 cm</td>
</tr>
<tr>
<td>Computer</td>
<td>50 cm</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Age of Child</th>
<th>Duration of Use</th>
<th>Usage of Electronic Screen Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 2 years old</td>
<td>Try to avoid using electronic screen products</td>
<td>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.</td>
</tr>
<tr>
<td>2 to 6 years old</td>
<td>No more than 1 hour</td>
<td>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 educative, and to be carried out under parental guidance.</td>
</tr>
</tbody>
</table>