



CANADIAN ASSOCIATION OF OPTOMETRISTS
ASSOCIATION CANADIENNE DES OPTOMÉTRISTES



Joint Position Statement:

Effects of Electronic Screens on Children's Vision and Recommendations for Safe Use*

It is our position that the safe use of electronic screens should encompass the following:

a) Recommended amount of screen-time for children:

- 0–2 years: None, except for live video-chatting (e.g., Skype, Facetime) with parental support, due to its potential for social development, though this needs further investigation.
- 2–5 years: No more than 1 hour per day. Programming should be age-appropriate, educational, high-quality, and co-viewed, and should be discussed with the child to provide context and help them apply what they are seeing to their 3-dimensional environment.
- 5–18 years: Ideally no more than 2 hours per day of recreational screen time. Parents and eyecare providers should be aware that children report total screen time use as much higher (more than 7 hours per day in some studies). This is not unrealistic considering the multitude of device screens children may be exposed to in a day, both at home and at school. Individual screen time plans for children between the ages of 5–18 years should be considered based on their development and needs.

Outdoor activity over screen time should be encouraged.

It is recommended that children's eyes be examined by a Doctor of Optometry between the ages of 6 months and one year, then annually afterwards until the age of 19.

*Full article dated November 5, 2017 is available on our website. envisioneyehealthclinic.com



Non-Electronic activities are essential for vision, motor, language, social and cognitive development.

Be mindful of your own electronic use- your body, mind and family will be happier.