

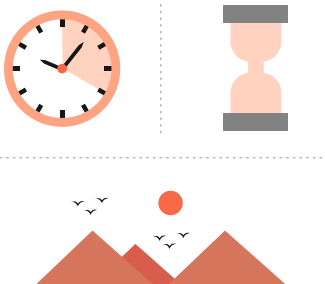
Parent's guide for **KiD**'s eye care

Outdoor rule¹



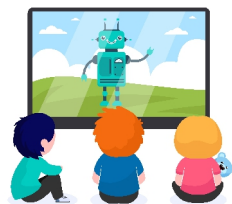
Spend atleast 2 hrs/day in sunlight, will help to promote healthy eye development & potentially reducing the progression of myopia.

20-20-20 rule²



Once every 20 minutes, take a break from the screen for 20 seconds and look at an object 20 feet away.

Screen distance: (1,2,10) rule³



Hold phone 1 foot away, sit 2 feet away from laptop and desktop & sit 10 feet away from television.

8-9 hours of night-time sleep rule²



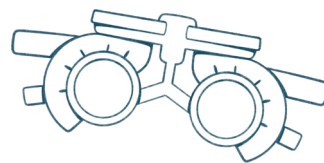
Sleep early sleep well. Give your eyes a break.

Nutrition role⁴



Adding powerful vitamins, antioxidants & minerals to the kids diet can maintain overall eye health

Regular eye check up rule



Every 6 months visit your ophthalmologist & check your eyes.

1. Sherwin, Justin C et al. "The association between time spent outdoors and myopia in children and adolescents: a systematic review and meta-analysis." *Ophthalmology* vol. 119,10 (2012): 2141-51. Derived from this article.

2. Gupta, Piyush et al. "Indian Academy of Pediatrics Guidelines on Screen Time and Digital Wellness in Infants, Children and Adolescents." *Indian pediatrics* vol. 59,3 (2022): 235-244.

3. Mohan, Anil et al. "Prevalence and risk factor assessment of digital eye strain among children using online e-learning during the COVID-19 pandemic: Digital eye strain among kids (DESK study-1)." *Indian journal of ophthalmology* vol. 69,1 (2021): 140-144

4. Kim, Jaong-Mee, and Yeon-Jung Choi. "Nutritional intake, environmental factors, and their impact on myopia prevalence in Korean children aged 5-12 years." *Journal of health, population, and nutrition* vol. 43,1 14. 29 Jan. 2024.