

Sight Matters

FAQ Sheets

Vision Advice for Children

There are many things which parents can do to encourage their children to practice good vision habits. With care, visual stress can be controlled.

- 1 Provide proper lighting for reading and study. General overall room lighting is needed, plus desk and bed lighting that does not cast shadows on the reading material and which does not cause glare.
- 2 Obtain a desk and chair that are suitable to the child's size.
- 3 Encourage a near working distance, from the book to the face, which is not too close. As a guide, it should be equal to the distance between the child's elbow on the page and their closed fist on their cheek.



- 4 Supervise regular breaks during long periods of study or reading. A short game outside will stimulate blood circulation and relieve ocular stress.



- 5 Discourage reading while lying face down as this results in incorrect posture and a working distance that is too close.
- 6 Place the TV set to avoid glare and reflections in a room with soft lighting.



- 7 As a guideline, TV viewing should be from a distance of 5 times the screen width and with screen and eyes at roughly the same level.