



“Computer Vision Syndrome” and Children

Children are able to focus their eyes without eyestrain due to the flexibility of the young natural lens. This allows them to easily adapt to a variety of visual environments with minimal effort. For this reason, children with normal eyes, do not develop “computer vision syndrome” that can, infrequently, be associated with the aging eye.

There is no published scientific data that shows that use of computer, phone or video screens increases the incidence of focusing or convergence problems or causes damage to the developing visual system.

There are many reasons why children should limit screen time. The American Academy of Pediatrics Council of Communications and Media recommend time limitations on digital media use for children 2 to 5 years to no more than 1 hour per day to allow other activities important to their health and development. Families are encouraged to develop a Family Media Use Plan. Increased screen time means less time for reading, interactive play, and physical activity the absence of which can lead to an increase in childhood obesity. There are also some studies to suggest that increased screen time at a young age can lead to attention-related disorders in children. There is no evidence to suggest that increased screen time has any effect on a child’s vision.

References

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- 2. Page AS, Cooper AR, Griew P, Jago R. Children's Screen Viewing is Related to Psychological Difficulties Irrespective of Physical Activity. Pediatrics 2010;126: e1011-e1017.**
- 3. American Academy of Pediatrics Council on Communications and Media. Media and Young Minds- Policy Statement. Pediatrics 2016; 138:1-6.**