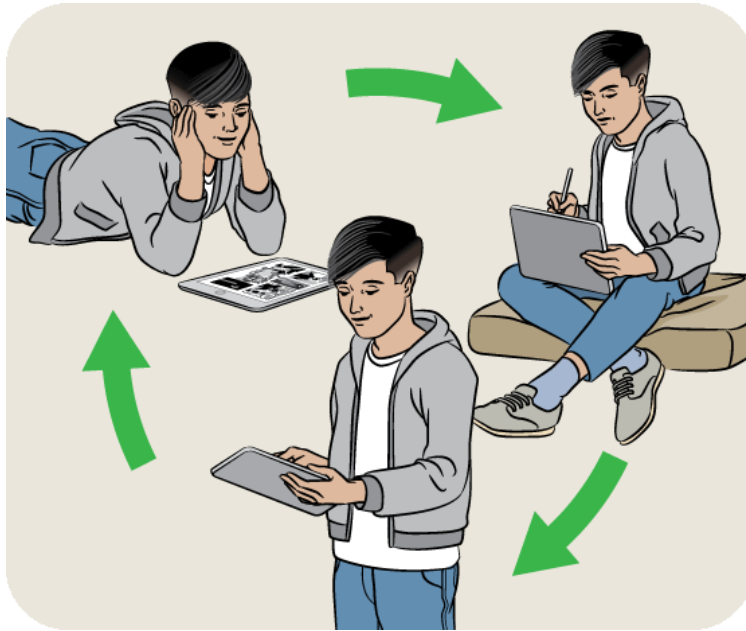


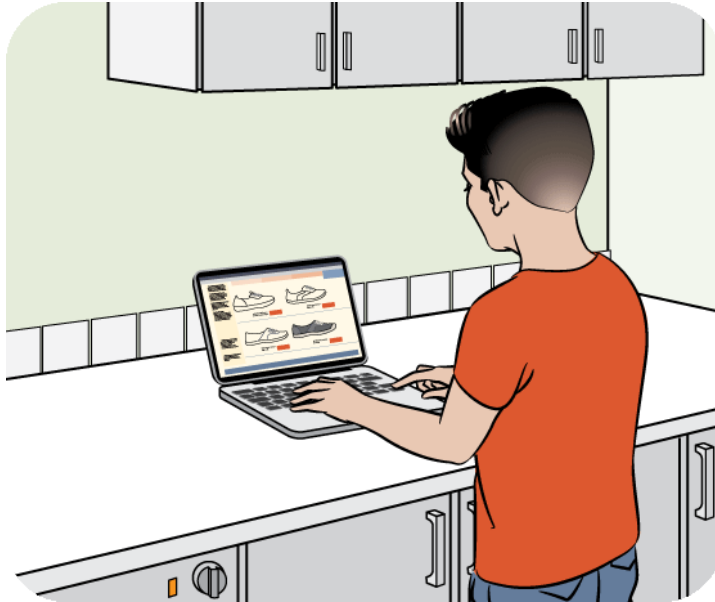
# Postures for healthy screen time and screen use



Change position often. Staying in one position for too long stresses muscles and joints.



Swap between bending forwards and backwards.



Move around while using devices.

Propping up the device on a table or other surface can help.

## Postures to avoid with screen time



Holding a device at eye level for a long time can make your child's muscles tired.



Bending the neck too far backwards or forwards can lead to pain or strain.



Holding a phone very close to the eyes can make your child's eye muscles tired.

# How to improve screen time posture



Prop your device on a cushion: this can stop your child's muscles from getting tired.



Use devices at eye level: this can avoid neck strain.



Put distance between screens and eyes. This is less tiring for eyes and encourages kids to move around.