



Pediatric Eye Specialists Addresses Growing Concern of Digital Eye Strain in Children

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As digital devices continue to shape modern childhood, Pediatric Eye Specialists has released a new educational article titled "Screen Time and Your Child's Eyes: What Parents Need to Know About Digital Eye Strain" to raise awareness of how prolonged screen use impacts developing vision. The publication explores the increasing rates of digital eye strain and myopia among children, offering insights from pediatric optometry and ophthalmology experts on early signs, prevention, and the importance of professional evaluation.

The rise in screen exposure has become a defining characteristic of childhood in the digital age. Recent studies have found that every additional hour of screen time per day increases the likelihood of developing myopia by 21 percent, underscoring how lifestyle habits are changing the landscape of pediatric eye care. Pediatric Eye Specialists' latest article draws attention to this growing issue, emphasizing how excessive screen use can affect visual comfort, focus, and long-term eye health.

Children are particularly vulnerable to digital eye strain because their visual systems are still maturing. They often hold screens closer to their eyes, blink less frequently, and may not recognize or communicate visual

discomfort. This combination of behavioral and developmental factors can lead to headaches, blurred vision, eye fatigue, and increased irritability. The new article highlights how these symptoms are frequently overlooked or attributed to other causes, delaying diagnosis and care.

The piece also explores how modern education and recreation contribute to the problem. With laptops, tablets, and smartphones now integral to both schoolwork and entertainment, children spend unprecedented amounts of time focused on near tasks. Pediatric Eye Specialists notes that prolonged close-up work, combined with reduced outdoor time, can accelerate myopic progression. Research shows that time outdoors—exposure to natural light and distant viewing—plays a critical role in protecting the eyes from the structural changes that lead to nearsightedness.

“Parents are often surprised to learn how closely linked screen time and myopia have become,” said Dr. David Skanchy, pediatric ophthalmologist at Pediatric Eye Specialists. “Even small adjustments—like encouraging outdoor play or taking regular breaks from screens—can make a measurable difference in preserving a child’s visual development.”

The article provides practical, research-backed strategies that families can adopt to reduce visual strain. These include maintaining appropriate screen distance, ensuring proper posture and lighting, and following the “20-20-20 rule”—every 20 minutes, look at something 20 feet away for at least 20 seconds. Pediatric Eye Specialists emphasizes that these simple interventions, when practiced consistently, can help minimize eye fatigue and improve visual comfort.

Beyond behavioral adjustments, the release underscores the importance of early and regular eye examinations. Subtle signs of visual discomfort, such as frequent eye rubbing, squinting, or avoidance of reading, may indicate underlying strain that only a comprehensive eye exam can detect. Pediatric Eye Specialists advises parents to consider evaluation if symptoms persist even after limiting screen time, as untreated visual issues in children can affect not only comfort but also academic performance and developmental milestones.

In addition to digital eye strain, the article highlights the connection between screen use and sleep disruption. Blue light from screens suppresses melatonin production, delaying sleep onset and affecting concentration, behavior, and learning. Pediatric Eye Specialists recommends implementing screen-free periods before bedtime and replacing device use with calmer, low-light activities such as reading or conversation.

“Technology is an essential part of education and daily life, but it must be balanced with healthy visual habits,” said Dr. Skanchy. “Our goal is to help families create realistic routines that support both learning and long-term eye health.”

The article concludes with a reminder that digital devices are here to stay?but their impact on vision can be managed through awareness and proactive care. Pediatric Eye Specialists continues to advance public education on pediatric vision health through research-based resources and compassionate, specialized care at its five North Texas locations.

The full article, "Screen Time and Your Child's Eyes: What Parents Need to Know About Digital Eye Strain," is available on the Pediatric Eye Specialists website. For additional information about pediatric eye health or to schedule an evaluation, visit Pediatric Eye Specialists.

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Pediatric Eye Specialists - Keller

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