5 DIGITAL WELLNESS TIPS FOR AT-HOME LEARNING



setup goes a long way toward making this happen. Logitech's Digital Wellness experts show you how easy it is to set your child up for success during distance learning, when doing homework or anything in-between!

Want to help your child engage and thrive at home like in the classroom? Their physical

A healthy at-home learning setup focuses on three goals to support your child's well-being:

PROTECT EYES

Children's developing eyes need protection from unnecessary strain and tiredness.



SUPPORT GOOD POSTURE

Proper alignment reduces shoulder and neck fatigue, and promotes greater alertness.



ALLOW MOVEMENT

lets children actively participate in their education.

These 5 simple tips let you turn any space into the engaging environment your child needs for an outstanding learning experience.

POSITION SCREEN AT EYE LEVEL



upright and maintains a natural, comfortable posture. And it's not just for appearances—studies show that good posture can improve mood and increase energy.^{1,2} Simply place two to three books, or a riser, under your child's laptop or

Let's start with the basics. Having a

screen at eye level keeps your child

monitor to reach the desired height and you're done! **FUN EXTRA:** Stack together colorful books with curious titles.

They might spark a new interest!

MOVE SCREEN **BACK**

To minimize eye strain, shift the screen farther away from your child's developing eyes. Aim for at least 20 inches (51 cm) between the screen and your child's

is bad for the eyes.³

It's not a myth—sitting too close to the screen really

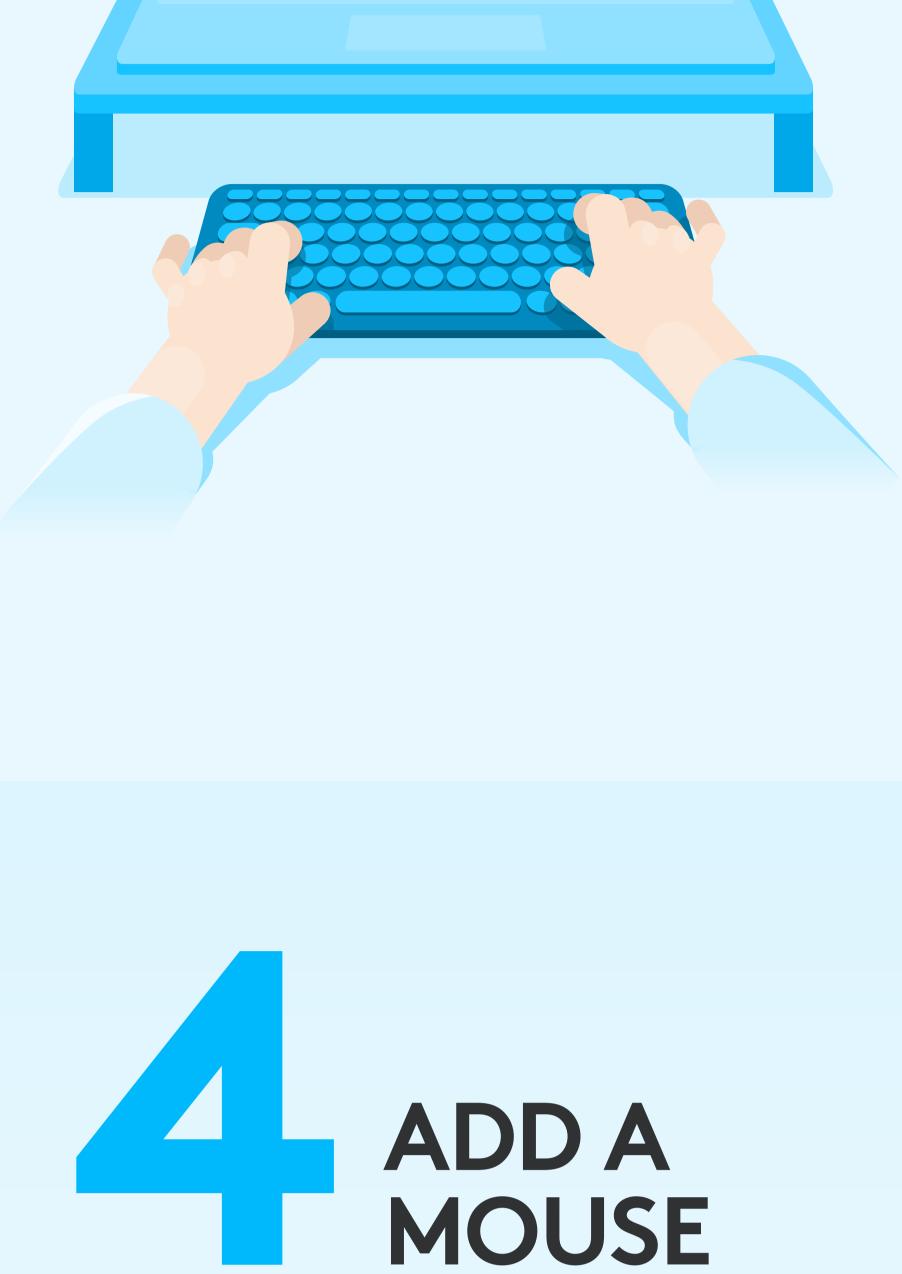
eyes, approximately one adult arm's length. **BONUS TIP:** Encourage screen breaks with a fun, interesting poster on a faraway wall. To reduce eye strain, follow the 20-20-20 rule.

Remind your child to look away from the screen every 20 minutes

to focus on something 20 feet in the distance for 20 seconds.



ADD A



strain on the shoulders and arms, while also keeping wrists at a natural angle.

This prevents stretching and

Now that the screen is at eye

level, add a separate keyboard.

No reaching up for that laptop!

Choose a <u>keyboard</u> that matches

the width of your child's shoulders.

Your child's forearms should be comfortably positioned parallel to the floor when using the keyboard, further encouraging good posture.

compact keyboards. You can

even brighten up your child's

desk with a colored keyboard.

MAKE IT FIT: Consider

use than a trackpad depending on the situation. With a mouse, your child can move the cursor, select text, and navigate the web more easily than with a trackpad, reducing frustration and keeping them engaged in learning.

encourages a relaxed, upright posture by avoiding

And, like a separate keyboard, a mouse

the need to stretch toward the trackpad.

A mouse can be a valuable tool in any learning

setup and may even be easier for your child to

MAKE IT FUN: Check out these cool mouse designs that children love!

USE A WIRELESS

As every parent knows, it's not easy for children to sit for very long. Standing or stretching during class allows your child to refocus and stay engaged. A wireless headset allows your child to move freely without missing important lessons.

HEADSET

A good quality headset with a built-in mic also makes it easier for your child to participate in conversations by cutting background noise to create a sound bubble for better listening. A quality microphone lets your child be heard clearly in their normal talking voice—encouraging interaction and connections with peers and teachers.

ANOTHER BONUS TIP: Get your child moving after every hour of sitting. It's good for

their body and their focus! Play

music through their wireless

headset and let them dance.

https://www.logitech.com/en-us/promo/learn-from-home-tips.html

Sources: 1. Wilkes, C., Kydd, R., Sagar, M., & Broadbent, E. (2017). Upright posture improves affect and fatigue in people with depressive symptoms. Journal of Behavior Therapy and Experimental Psychiatry, 54, 143-149.

See more tips and Logitech gear to help your child's

at-home learning experience soar at

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- 3. Computer Eye Strain: How to Prevent Eye Strain From Screen Time. (2019, August 06). Retrieved September 23, 2020, from https://www.webmd.com/eye-health/prevent-digital-eyestrain

