



Avoiding screen-related headaches and migraines during Remote Learning

Increased screen time can result in children experiencing headaches. We know that remote learning has resulted in increased screen time for children. Whilst some of this screen time is unavoidable, there are things that you can do to reduce the amount of time that your child spends looking at a laptop/ tablet screen. Advice from Specsavers can be found [here](#).

1. Print off activities or copy them down for your child to complete them on paper instead. Most activities posted to Seesaw and Tapestry are suitable for printing or completing on paper. Photos can then be uploaded to seesaw so that your child's class teacher can view and assess the work.
2. The brightness of your child's computer/ tablet screen should blend with the brightness *around* their computer screen. If your child works in a dim room and stare at an ultra-bright display, their eyes are being forced to operate under two seriously contrasting environments. The key is to limit eye strain, which can lead to a computer headache that aggravates migraines. If they cannot work in a well-lit space, consider toning down the screen brightness.
3. Setting up the workspace correctly will help your child to sit in a comfortable, upright posture. "Sitting comfortably is very important when you use a computer to avoid muscle tension building up in the head, neck, and shoulders. This muscle tension is implicated in the onset of migraines,"- the Migraine Trust.
This [NHS guidance](#) may help you to set up your child's workspace.
4. If problems persist, book an eye test. Opticians are still open during the lockdown restrictions.