5 DIGITAL WELLNESS TIPS FOR AT-HOME LEARNING

When you help your child engage and thrive at home, is the classroom? To help physical and mental growth, make them comfort and support their digital learning experience:

- **Position Screen at Eye Level**
  - Let’s start with the basics. Having a screen at eye level keeps your child 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 monitor to reach the desired height and you’re done!

- **Move Screen Back**
  - Now that the screen is at eye level, add a separate keyboard. No reaching up for that laptop! Choose a keyboard that matches the width of your child’s shoulders. This prevents stretching and strain on the shoulders and arms, while also keeping wrists at a natural angle.

- **Add a Mouse**
  - A mouse can be a valuable tool in any learning setup and may even be easier for your child to 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.

- **Use a Wireless 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.

- **Protect Eyes**
  - It’s not a myth—sitting too close to the screen really is bad for the eyes.3 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 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.

**MAKE IT FIT:** Consider compact keyboards. You can even brighten up your child’s desk with a colored keyboard.

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

**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.

**FUN EXTRA:** Stack together colorful books with curious titles. They might spark a new interest!

See more tips and Logitech gear to help your child at home-learning experience at https://www.logitech.com/en-us/promo/learn-from-home-tips.html