1. Go into iPhone "Settings"
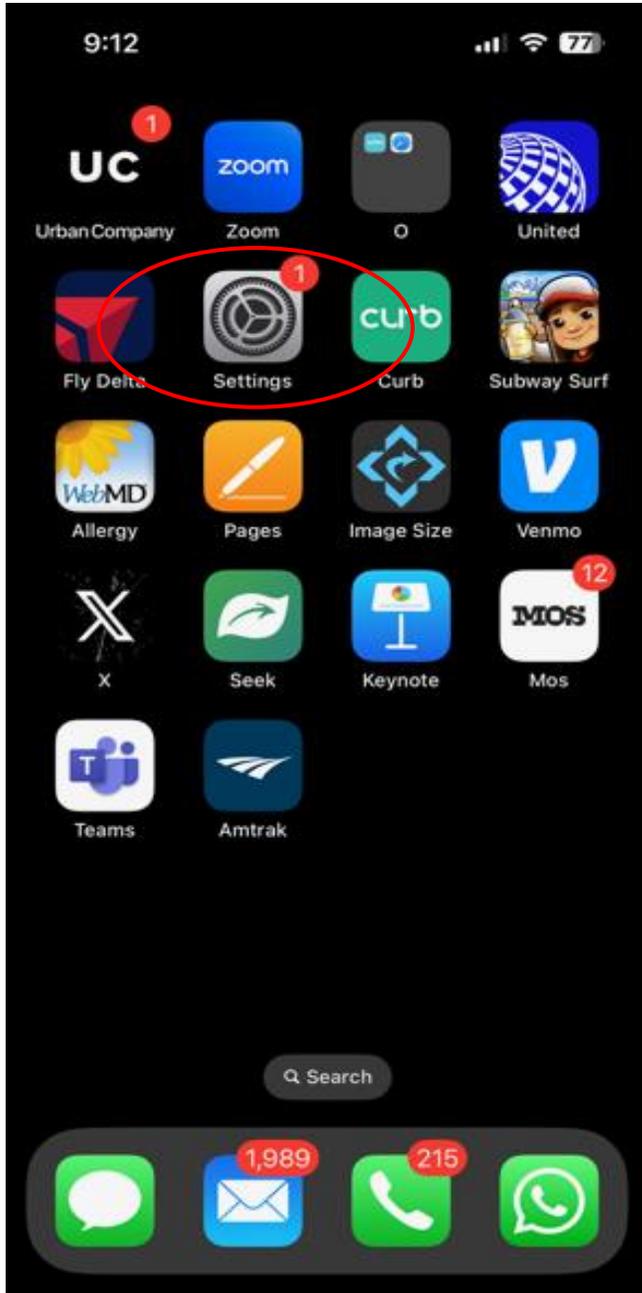
2. In "Settings" look for "Screen Time"
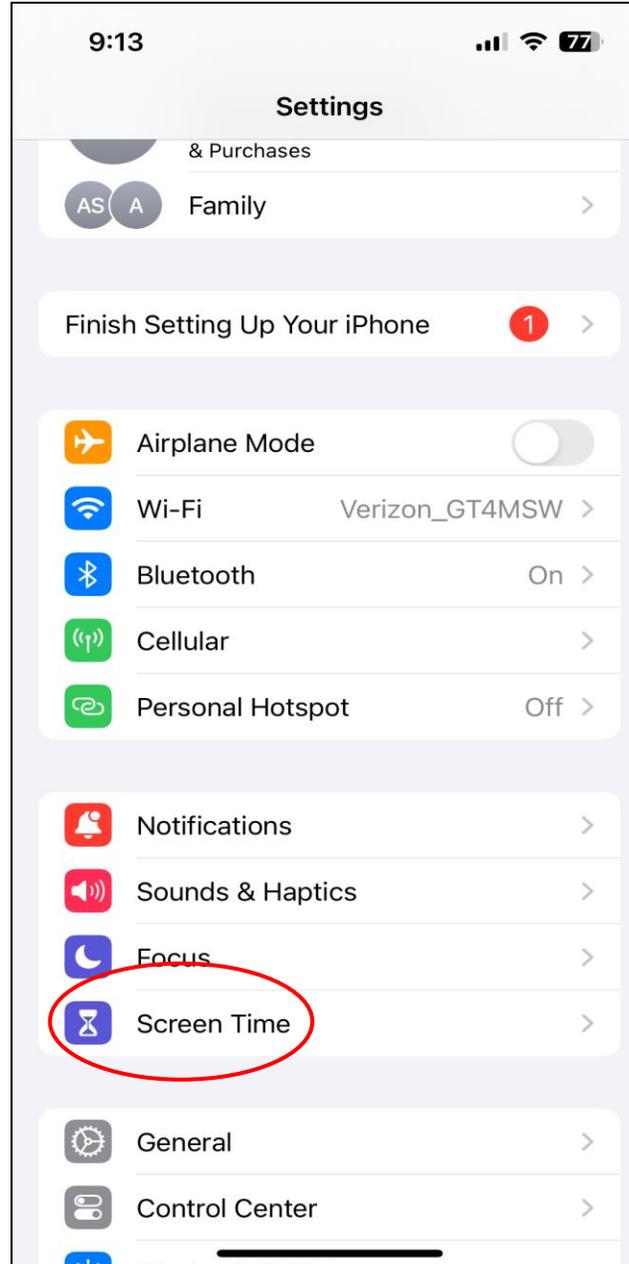
3. Within "Screen Time" go to "Screen Distance"
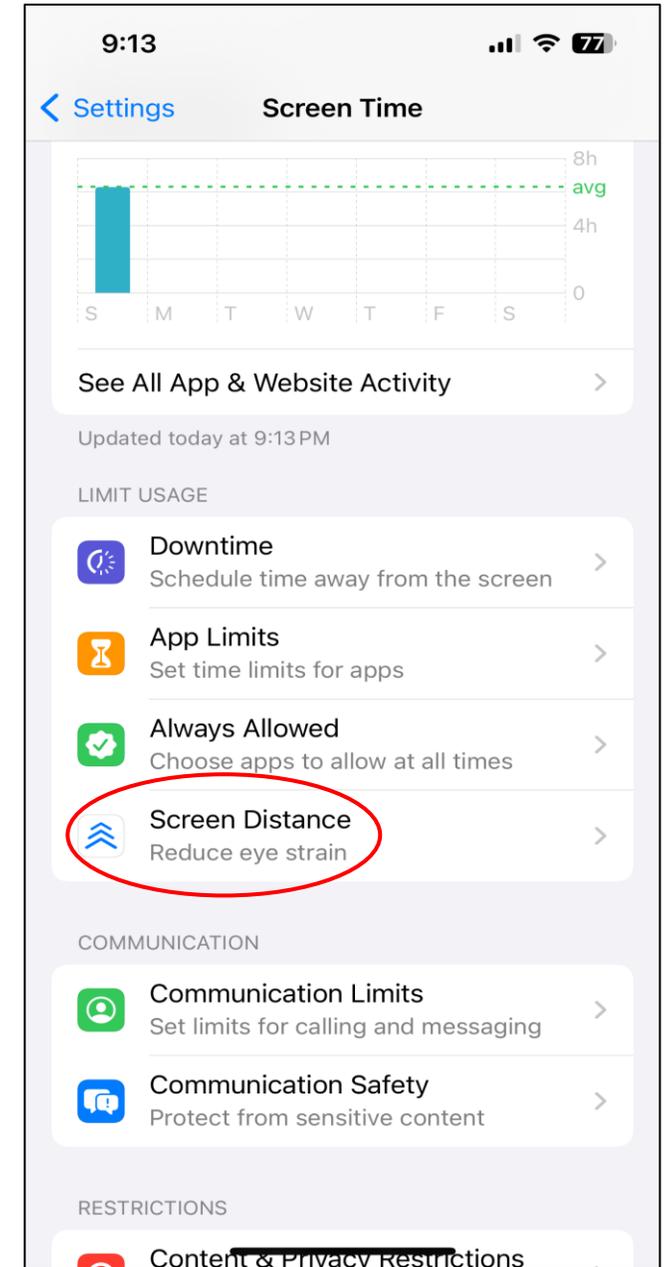
4. Turn "Screen Distance" button "On"
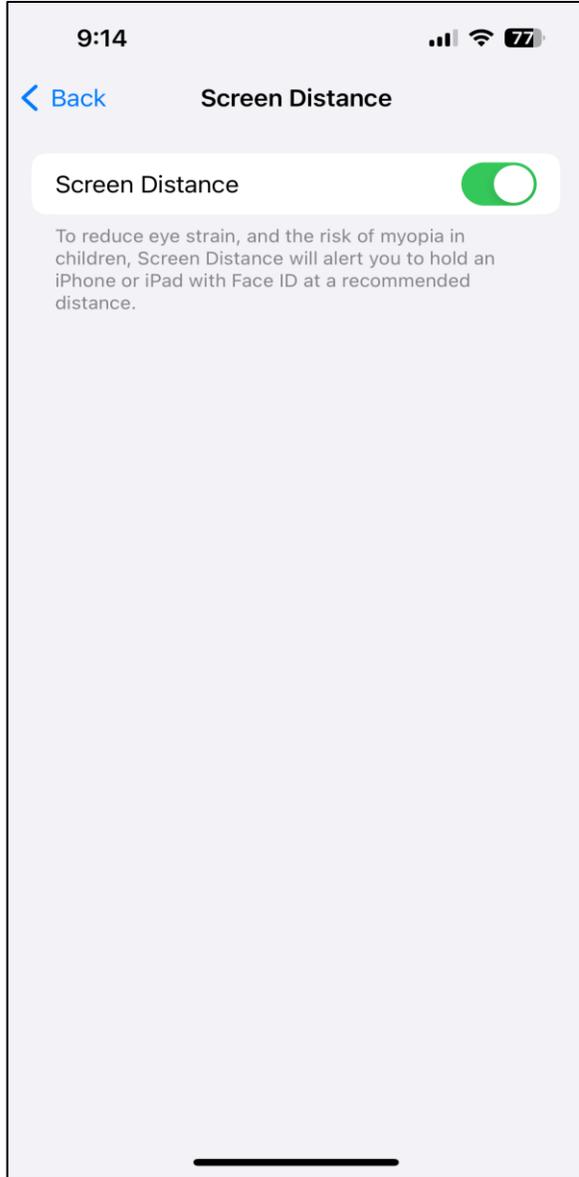
5. Now if your child looks at the phone from too close this notification will show upand they will not be able to read any further
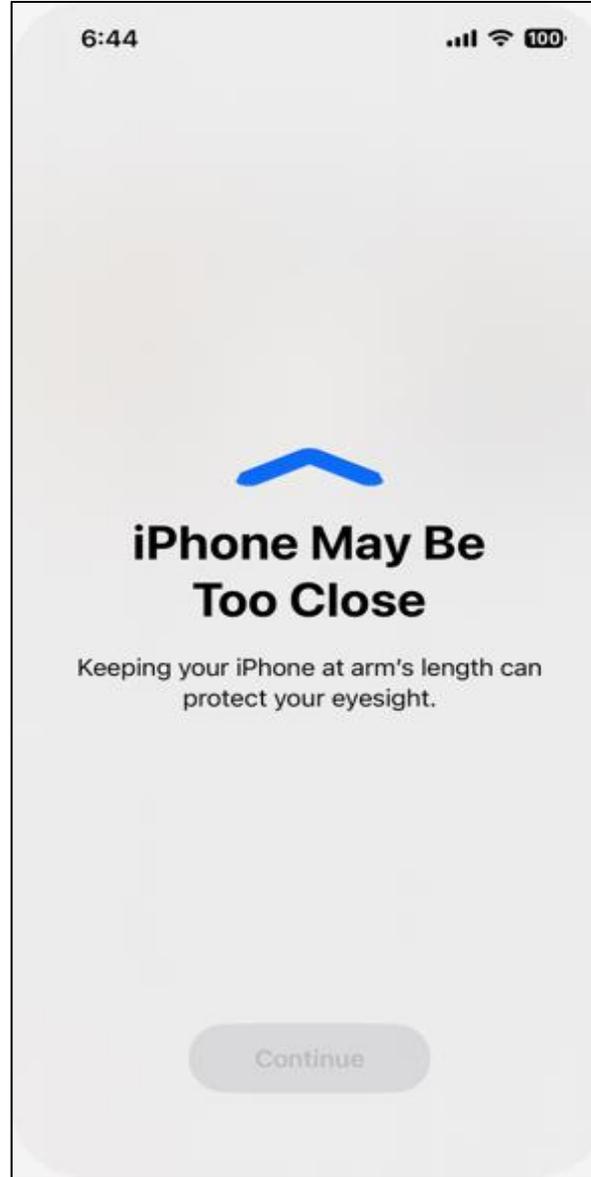
6. Your child will be forced to move their phone 1-arm's distance away from their eyes and click "Continue" to proceed

9:14

< Back   Screen Distance

Screen Distance   ⬤

To reduce eye strain, and the risk of myopia in children, Screen Distance will alert you to hold an iPhone or iPad with Face ID at a recommended distance.

6:44

iPhone May Be Too Close

Keeping your iPhone at arm's length can protect your eyesight.

Continue

3:09

✓

Screen Distance

Your iPhone is now at a recommended screen distance.

Fix eye to phone distance and click

Continue