## 1. Go into iPhone "Settings"



## 2. In "Settings" look for "Screen Time"



## 3. Within "Screen Time" go to "Screen Distance"

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< Settir	ngs Screen Time	
S	M T W T F S	8h <b>avg</b> 4h 0
See /	All App & Website Activity	>
Updat	ted today at 9:13 PM	
LIMIT	USAGE	
Q	<b>Downtime</b> Schedule time away from the screen	>
X	App Limits Set time limits for apps	>
0	Always Allowed Choose apps to allow at all times	>
	Screen Distance Reduce eye strain	>
COMM	NUNICATION	
	Communication Limits Set limits for calling and messaging	>
	Communication Safety Protect from sensitive content	>
REST	RICTIONS	
	Contorne - university Posterions	

## 4. Turn "Screen Distance" button "On"

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Creen Distance  Or every strain, and the risk of myopia in foldaten, Screen Distance will alert you to hold and hone or iPad with Face ID at a recommended distance.	Creen Distance To reduce eye strain, and the risk of myopia in children, Screen Distance will alert you to hold an iPone or iPad with Face ID at a recommended distance.
<text></text>	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.	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.

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

**Screen Distance** 

Your iPhone is now at a recommended

screen distance.

Continue

Fix eye to phone distance and click

3:09

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