

hapitimes



Your Child's Eyes *Protect Kids from Digital Eye Strain*

According to the American Optometric Association, 83% of children between the ages of 10 and 17 estimate that they use an electronic device for three or more hours each day.

Children often report experiencing burning, itchy or tired eyes after using electronic devices for long periods of time. These are all symptoms of digital eye strain, a temporary vision condition caused by prolonged use of technology. Additional symptoms of eye strain may include headaches, fatigue, loss of focus, blurred vision, double vision, or head and neck pain. While confined to home use of digital devices during the summer months, being back in the classroom significantly increases children's total use.

When it comes to protecting vision and eye health from digital eye strain, taking frequent visual breaks is important. Nearly one third of children go a full hour while using technology before they take a visual break. Encourage kids to practice the 20-20-20 rule: when using technology or doing close-up work, take a 20-second break every 20 minutes and view something 20 feet away.

— Sources: *Wisconsin Optometric Association; American Optometric Association*

Your Child's Feet *How to Select Kids' Shoes*

It's back-to-school time, and that may mean it's time for shoe shopping. Children over 3 years of age experience increases of about one half a foot size every four to six months. Style and shoe fit are important for school-age children. At this age, they can choose from a variety of options, including athletic shoes, sandals, hiking shoes, etc.

Look for reasonably priced, flexible, well ventilated shoes that allow plenty of room for growth. If you have a great deal of difficulty finding shoes that fit, or if your child develops calluses, sores or other foot problems, consult your physician.

Seventy percent of children wear shoes with D and E widths. Most

boys wear E width and most girls wear D width. A tie-fastened shoe can accommodate most widths. Look for shoes with rounded toe boxes to give the toes more room for movement.

Remember, shoes should be comfortable from the start. If new shoes need to be "broken in," it means either they were not properly designed or not properly fitted for your child's foot.

— Source: *American Orthopedic Foot & Ankle Society*

Tips: Cutting Down on Screen Time

We spend a lot of time staring at screens: TVs, computer screens, tablets, and smart phones. This can result in eye strain, and neck and back pain. Plus, we're usually sitting while we're staring at those screens, which means we're not moving as much as we should be. Here are some tips for reducing your screen time.

- Make house rules: no mobile phones at the kitchen table; and no computers or mobile devices one hour before bedtime.
- Reduce your weekly TV time by one hour. Start by writing down everything you watch and then review the list to choose what you can eliminate.
- Replace one hour of playing computer games with an hour of playing board games. Make it a family night or date night activity!

Inside The Landmark



Our summer camp at Landmark is underway and it's a sweeping success! Now we're excited to announce open enrollment for our After-School Program.

When: Weekdays, starting in September (calendar to follow shortly)

What: Our after-school program offers education, art, nutrition, fitness—and lots of fun.

Who: Kids 6-11 who live at Landmark

Where: The Hapi community center in the leasing office

How: Sign up at the leasing office. Space is limited, but there are still slots available for your kids!

hapi meals

healthy, fast & easy recipes

Overnight Oats

We all know that oatmeal makes for a healthy breakfast. Do you know about overnight oats? It's a no-cook, easy-to-make breakfast that's perfect for when it's hot out.



INGREDIENTS:

1 cup oats
1 cup milk or nut milk
Toppings of your choice (nuts, coconut, sliced fruit, peanut butter, cinnamon, cocoa powder...)

INSTRUCTIONS:

Blend 1 cup of oats with 1 cup of milk in an air-tight jar or bowl and stir. Place in refrigerator overnight, then enjoy cool and refreshing oatmeal with toppings in the morning. You can also make bigger batches, sticking to the same one-to-one ratio of oats to milk.

Most U.S. youth do not meet the recommendations for eating 2½ cups to 6½ cups of fruits and vegetables each day.

- Centers for Disease Control