

SCREEN TIME

FACTS

- CHILDREN SPEND AN AVERAGE OF 7 HOURS PER DAY ON MEDIA
- TOO MUCH CAN RESULT IN POOR IN-PERSON COMMUNICATION SKILLS AND BEHAVIOR PROBLEMS
- SCREENS CAN DISRUPT SLEEP
- MEDIA EXPOSURE CAN DECREASE SELF-CONFIDENCE
- CAN EXPOSE TO PREDATORS AND NON-AGE-APPROPRIATE CONTENT

STRATEGIES TO LIMIT USE

- Don't eat in front of TV
- Turn off background TV
- Establish strict screen limits
- Screen free days
- Offer alternatives- try game nights, hikes, reading, coloring
- Install software on devices to limit use
- Turn off devices during meals
- Move TVs and computers out of bedrooms
- Cell phones sleep in kitchen
- Create a healthy relationship with technology and its benefits
- Avoid screens as pacifiers and to stop crying

SET UP YOUR FAMILY MEDIA PLAN
@ HEALTHYCHILDREN.ORG

HOW MUCH IS OK?

- 0-18 MONTHS: NONE
 - 2-5 YEARS: 1 HOUR
 - 6-18 YEARS: PARENTAL LIMITS; 1-2 HOURS IS RECOMMENDED
- DON'T FEEL GUILTY FOR PROTECTING THEIR HEALTH



PARENT TIPS

- KNOW YOUR CHILD'S PASSWORDS
- KNOW HOW MUCH TIME YOU SPEND ON YOUR DEVICES
- MODEL HEALTHY MEDIA BEHAVIOR
- ASK WHAT THEY LIKE AND KNOW ABOUT TECHNOLOGY
- NORMALIZE LIMITED SCREEN TIME



HELPFUL WEBSITES

HEALTHYSCREENHABITS.COM
PRICELESSPARENTING.COM
EDUCATEEMPOWERKIDS.ORG
ACTIONFORHEALTHYKIDS.ORG