






## Screen-free fun

In a world full of screens, it's important to make time for real-life play! Swapping screen time for active, creative, or social activities helps kids develop problem-solving skills, build friendships, and improve their well-being.

Here are some screen-free ideas to try:

-  Make a splash – Go for a swim at the pool or beach with family.
-  Play together – Engage in activities that you know your child enjoys, for example: puzzles, building LEGO or cooking together are great for family fun.
-  Get moving – Dance, kick a ball in the backyard or go for a bike ride together.



**Encouraging kids to enjoy screen-free activities helps them develop lifelong healthy habits. Plus, it's a great way to connect as a family!**



Hunter New England  
Local Health District

@ [HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<https://goodforkids.nsw.gov.au>

*Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.*