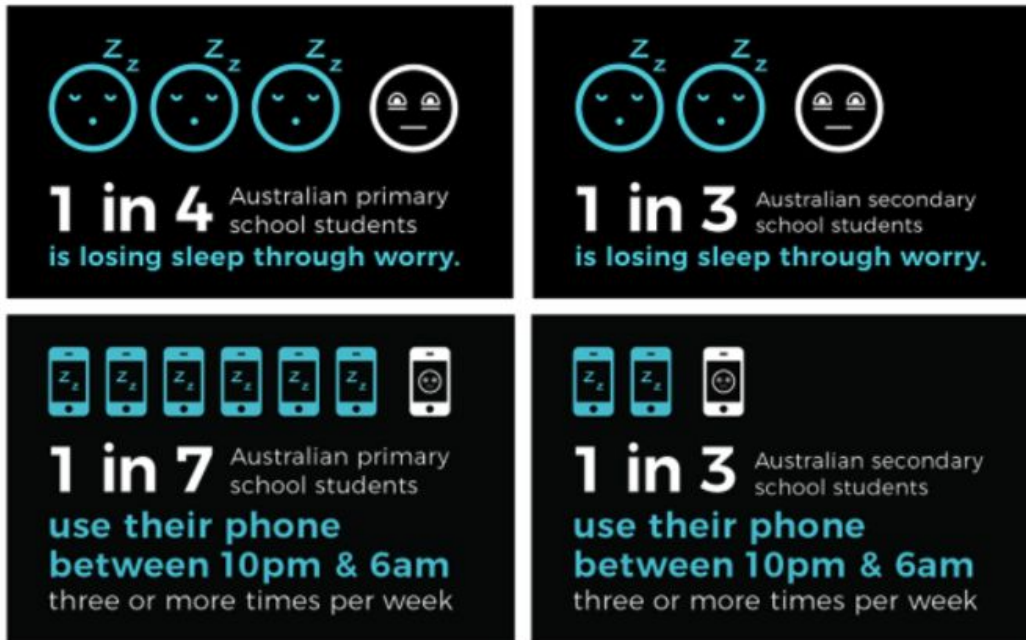


# Sleep & Devices


## THE NUMBERS



## WHAT CAN WE DO?



Kids should have **ALL notifications turned OFF**



**Rearrange the home screen**  
to remove social media apps from view



**Schedule time for phone use**  
instead of scheduling time off your phone

## OTHER TOOLS FOR PARENTS

1. **Limit technology**, and reconnect with your kids emotionally through play and other activities they are interested in.
2. **Role model** the behaviour you would like to see
3. Limit your own time on your device to enable you to **have special time with your kids** that is not interrupted by a work email!
4. **Don't be afraid to set limits!** Turning off the Wifi and leaving your devices on the kitchen bench are great ways to help your child get quality sleep