

## Good for Kids good for life

### THE BENEFITS OF LIMITS

Small screen entertainment can be convenient; however Australian children are spending more time than recommended watching screens. Excessive screen time can reduce both physical activity levels and concentration levels and contributes to increased weight gain.

Here are some tips on ways to reduce screen time in your household:

- Set limits on the duration of screen time in one sitting, 20mins is a good place to start.
- Only switch the TV on for specific shows, do not leave it on in the background.
- Role model the behaviour that you would like to see in your child – there is no better example than YOU!



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