




REDUCE SCREEN TIME - IMPROVE YOUR CHILD'S HEALTH



Screen time is spending time in front of a computer, game, mobile or smart phone, tablet or iPad, or TV.

HOW MUCH SCREEN TIME IS TOO MUCH?

0-2 years	NO screen time	
2-5 years	Less than 1 hour per day	
5-12 years	Less than 2 hours per day	



Reading, singing, puzzles, and stories help children grow strong and smart.



When children use screens alone for too long, it can cause problems. They may have trouble learning to talk, staying focused, and getting ready for school.

TIPS TO HELP REDUCE SCREEN TIME

- ✓ No screens during meals or in bedrooms.
- ✓ Eat meals together with no screens.
- ✓ Turn off screens 1 hour before bedtime.
- ✓ Keep bedrooms free from screens.
- ✓ Use a timer - only 20 or 30 minutes to use screens.
- ✓ Give a 5-minute warning before screen time ends.
- ✓ Swap screen time for fun family games or walks.
- ✓ Plan screen-free days for family fun.
- ✓ Use a reward system to encourage less screen time.
- ✓ Take books or small toys when you go out.
- ✓ Be a good example - use screens less too.



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