

Screen Time Tips

Keep screen time to less than 2 hours a day.

What is screen time?

Screen time is time spent playing or watching on phones, tablets, TVs or computers. It does not include time doing homework on a computer.

In general, kids who spend less time in front of the TV...

- Do better in school
- Read more
- Sleep
- Eat healthier foods
- Weigh less
- See less violence

How do I keep my child's screen time to less than two hours?

Set Limits.

Plan what to watch or do for no more than two hours of screen time. Then turn on the TV, computer, video game, etc. for what is planned, and turn it off after the set time.

Keep meals screen free.

Make meals a time to catch up with each other about your day.

Think of other things to do.

Watching TV, playing video games, and using the internet can be a habit. Help your child make a list of other things to do.

Keep TVs and other screen media out of bedrooms.

Kids who have screens in their rooms tend to watch much more, see more violent and adult content, more junk food ads, and have more sleep problems.

Be a role model.

Seeing you cut back your own screen time will help your child do it too.

Kids should be active at least 1 hour every day,
so swap some screen time for active time.

