

Screen Time

Phones, TVs, and tablets are everywhere! Children need to find a balance between screen time and other activities to stay healthy and grow well.



Create no screen zones.

Make certain areas of your home, like the dinner table and bedrooms, screen-free. This helps everyone talk to each other and sleep better.

Set a schedule. Decide when screen time will happen, like after homework or chores. Having a routine helps kids know when it's time for screens and when it's time to do other things.



Encourage active screen time.

Choose fun and interactive videos, apps, and games that help kids learn.

Set limits. Children under 18 months should only use screens to talk to others. For kids 18 months to 5 years old, limit screen time to no more than 2 hours of educational programming.

Be a role model. Kids often copy what their parents do. Try to show them good screen time habits yourself.



Have family time. Set aside specific times or days for screen-free family activities, like playing board games, taking walks, or cooking together.

Monitor media. Keep kids close by while they're using screens so you can supervise. Use parental control settings to block or filter content.

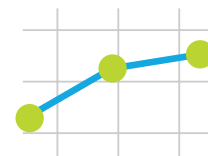


Prioritize sleep. Avoid screens at least one hour before bedtime. The blue light from screens can make it hard to fall asleep.



Find other activities.

Encourage kids to play outside, read books, or do arts and crafts to keep them from using screens too much.



Track and adjust. If you think your child is spending too much time on screens, change the limits or suggest other fun things to do.

For more information: www.greauxhealthy.org

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