

Handling Screen Time at Home

Printable tips for info on the go! Print, cut on the dotted line, then fold on the solid line in the center. Now, hang anywhere you and your family will see it each day!



Skip the Screen!

Tips to Reduce Your Child's Screen Time

- 1. Create accountability**
Collaborate with your kids to set expectations and goals.
- 2. Connect with your kids**
Whenever possible, give kids your full attention.
- 3. Remove the temptation**
During your screen-free time, put all devices away so they're not attracting your kids' attention.
- 4. Create screen-free zones in your home** Removing phones from the dinner table or bedroom is a great start. Don't forget to turn off screens 1 hour before bedtime.
- 5. Make a list of screen-swap activities** Brainstorm things kids can do independently or as a family in place of screen time.

Scan here for more screen time tips!



Screen Time Tips

Recommendations according to American Academy of Pediatrics (AAP)

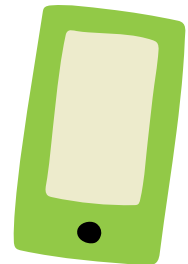
- 18-24 Months: No screen time, except for video chatting
- 2-5 Years: < 1 hour per day
- 6+ Years: Create a Media Use Plan as a family to set limits and boundaries



Make sure your child's screen time is developmentally appropriate! Below are some recommended apps and shows.

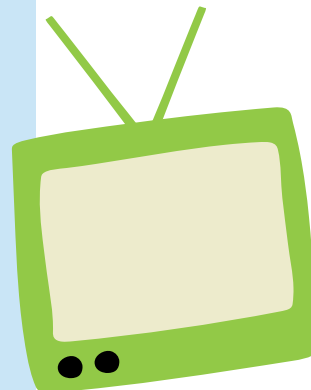
Best Free Apps

- Encantos: Play, Learn, Grow
- Thinkrolls Play & Code
- Epic!



Best TV Shows

- Sesame Street on PBS & HBO-Max
- Alma's Way on PBS
- Waffles & Mochi on Netflix



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Screen Time Slump? Get Back On Track!

Feeling caught in a screen time struggle? This is normal! If your child's screen time has gone from a little, to a whole lot, that is okay too- here are some simple tips to getting back on track!

1. Start with an honest conversation

"I noticed you have been spending more time than usual on a screen. I enjoy watching shows and playing games sometimes, too. But it is my job to make sure you are enjoying all kinds of things- not just screens. Did you know that other activities like playing basketball or doing a puzzle helps your body and brain grow?"

2. Create simple goals as a family

- When can your child use a screen? (after homework, before/after meals)
- Where can a screen be used? (in a family room but avoid bedrooms)
- What shows or apps are approved?

3. Have a check-in time

- Decide on a check in-time! During this time, discuss progress or any challenges with the new screen time goal.
 - Don't forget to provide positive feedback and celebrate success with a tasty treat or your family's favorite activity!



Mindfulness Made Fun!

Mindfulness is to focus on your breathing, feelings, senses, or actions in the present moment. The benefits are better self-control, less stress, better memory, and so many more!

Introduce kids to mindfulness with these simple mindful moments

- Close your eyes and squeeze the muscles in your feet.
- Hold them tight, then release and relax.
- Do the same in your legs and continue up your body.



Go for a walk outside or around your home! Focus on what is around you. What do you see? How does the air feel on your face?



Scan here for printable
mindfulness activities!

