

Healthy Sleep & Screen Habits

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!



BUILDING HEALTHY SLEEP HABITS

Sleep is one of the most important ways children recharge their growing brains and bodies. By creating a calming sleep space and following a simple bedtime routine, you can help your child build healthy sleep habits that last.

CREATE A SLEEP ZONE

- Cool, quiet, and dark when possible
- Tidy and clean
- Free from screens

BUILD A PREDICTABLE ROUTINE

Doing the same things, in the same order, at about the same time each night helps develop a sense of security and control for your child. Choose a few calming activities with your child to build a routine.

- Bath
- Pajamas
- Brush teeth
- Read together
- Gentle stretching
- Quiet music
- Goodnight hugs



AAP SLEEP RECOMMENDATIONS

- Ages 4-12 months: 12-16 hours (including naps)
- Ages 1-2 years: 11-14 hours (including naps)
- Ages 3-5 years: 10-13 hours (including naps)
- Age 6-12 years: 9-12 hours
- Age 13-18 years: 8-10 hours



MINDFULNESS MADE FUN!

Mindfulness is the practice of paying attention to the present moment by noticing your breathing, feelings, senses, or actions. Regular mindfulness can help children build self-control, reduce stress, improve focus and memory, and support their overall well-being.

FIVE SENSES CHECK-IN

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste



NATURE FLOW

- Reach tall like a tree
- Crouch low like a frog
- Sway gently like grass in the breeze
- Spread your wings like a butterfly



BODY RESET

- 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



SCAN HERE FOR PRINTABLE MINDFULNESS ACTIVITIES!

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FINDING BALANCE WITH SCREENS

Screens are part of everyday life. The goal isn't to eliminate them, it is to help children build health habits and make room for all the other things they need to grow and learn.

CREATE A FAMILY MEDIA PLAN

- When can screens be used?
- Where are screen-free zones?
- What apps and shows are okay?

FOCUS ON QUALITY

Not all screen time is the same. Choose content that encourages learning, creativity, or connection.

BUILD SCREEN-FREE MOMENTS

- During meals
- In the car
- Before bed
- During homework



MODEL THE HABITS YOU WANT TO SEE

Kids learn by watching. Put devices away, make eye contact, and take screen free breaks together.

MAKE THE HEALTHY CHOICE EASY

- Create a family charging station.
- Have a basket or bin where everyone places devices during screen-free times.
- Have books, puzzles, crafts, games, or outdoor toys within easy reach.
- Keep screens out of kid's bedrooms.



**SCAN HERE FOR MORE
SCREEN TIME TIPS!**



TALKING ABOUT SCREENS

Children learn screen time habits through conversations, not just rules.

ASK QUESTIONS LIKE:

- What did you enjoy watching or playing today?
- Did anything online make you laugh?
- Did anything make you uncomfortable or confused?
- What did you learn?
- How did you feel after using your screen?

HELP KIDS NOTICE BALANCE

AFTER SCREEN TIME, ASK:

- Do you feel energized or tired?
- Ready to play?
- Ready for a break?
- Ready to move your body?

Helping children notice how screens affect them builds lifelong self-awareness.

TIME TO TURN SCREENS OFF

Transitions are easier when children know what's coming.

TRY:

- Give a 5–10 minute warning.
- Finish the level, episode, or activity before switching.
- Offer the next activity before turning screens off.

REMEMBER

The goal isn't perfect limits.

The goal is helping children learn when technology adds to life—and when it's time for something else.