

 Choose 2 Healthy Screen Time Habits

*For children < 2 years old*:

* + Read 2 books per day
	+ Eliminate TV in the bedroom and entertainment screen time

*For children ages 2-9 years old*:

* + Tablet use is ok, but discourage personal smart phones
	+ TV and tablet screens can be distracting in the bedroom, opt for those in the living room only!
	+ Limit recreational screen time, including gaming, to 2 hours per day
	+ Encourage kids to play a game or activity instead of binge-watching television
	+ Aim for 30 minutes of uninterrupted reading each day

*For children ages 10 + years old*:

* + Personal smart phones are okay
	+ If your child has a phone, have them charge it in the kitchen or living room
	+ Eliminate smart phone use in the bedroom
	+ Have tech free time each day during homework and dinner. This includes going out to restaurants!
	+ Stay away from multitasking, stick to one activity at a time
	+ As a parent, check your child’s average hours on their phone

Create a family media plan. Go to healthychildren.org/mediauseplan

Be a role model- check your own screen time habits.