



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:

<https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx#/family>