



National Child Day November 20 2015

Tips to reduce the impact of screen time and create balance:

- Children learn many of their values and ideas from their parents. Be aware of your own media habits and change them if necessary.
- Make screen time “family time.” Keep TVs and computers out of bedrooms. Consider moving all gaming consoles (like the Wii or PlayStation) and TVs to the family room and replace these with other options, such as books, puzzles and games in children’s rooms.
- Watch TV only on the weekend or set rules about screen time on school days and non-school days.
- Make a list of activities to do instead of watching TV or playing video games
- Turn off the TV while eating.
- Make mealtimes a no phone zone.
- Stay on track. Once you decide on a limit for your children’s TV viewing and other screen time, stick to it and track screen time with a scheduling sheet.
- Use a timer to help children remember when it is time to end screen time.
- Empower your kids. Older kids can earn their screen time privilege!
- Ask around. Find out how other parents limit screen time and how they handled problems.

Children today are spending more time with screens than in any activity but sleeping.



Keep it Balanced



Plan to celebrate **Children’s Right** to play and rest!

For fun ideas go to www.healthychildcoalition.ca

