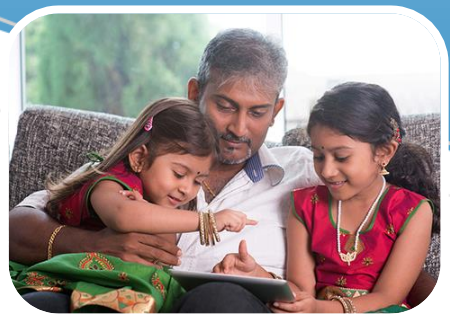
MAKE IT FUN!

What sparks your child's interest? It's not just finding alternatives that are exciting, parents JOIN your kids in play! Both online, and off!

- Make a craft!
- Put on a play!
- Wheels! Bikes, Skateboards…
- Find an easy recipe!
- Dance!
- Bring out the paints!
- Read! Books, Magazines…
- Puzzles!
- Watch a movie TOGETHER!



Less than 4 in 10 kids met physical activity goals and screen time limits.

- While screen time activities can be educational, many hours spent using devices promotes sedentary behaviors in children.
- Play and exercise contribute to a child's development and well-being. So does involvement! Being an active participant in screen time, such as playing a game together, can help to minimize the negative effects of screen time.

Children's screen time should be limited. Media in children under the age of 2 is not recommended.

Screen Time Balance

It's not about eliminating fun…

It's about striking a healthy middle ground with your kids.

Health, Happiness, Balance…

It's very difficult in this fast-paced world to compete for a child's attention. Devices and screens are accessible almost anywhere. With loving support from parents, many children can be shown how fun other activities can be. Many children take their adults as role models; it helps to limit our own screen time and to actively engage kids while playing. Joining with a child for screen time can also help decrease the negative effects that include exposure to harmful behavior and images, as we well as influencing health issues such as sex, drugs, aggressive behavior, obesity, eating disorders, and suicide.

Create a Screen-Free Zone

TIME IS TICKING!

- Children are spending upwards of 7 hours a day on a screen including phones, and computers.
- This increased screen time has been shown to lead to attention problems, having difficulties in school, eating and sleeping disorders as well as obesity.
- Internet surfing and cell phone use has also provided means for illicit and risky behaviors in children. This has led to higher numbers of vulnerable children being exposed or exploited.

WHAT DO THEY NEED?

- Children learn better when face-to-face with people and situations. Active imaginations and free play provide ample grounds for a child to develop and learn with the greatest potential.
- Forming relationships with people instead of passive entertainment allows for greater social growth. Dedicate a time and space to screen free activities and play! The building that happens in these zones helps form children into the adults they will become.

CONTENT MATTERS!

- Just as importantly as time, CONTENT IS KEY! Quality content is also a factor in the benefits children can get from screen time. Educational and social standards are reflected in the types of content children view.
- When a parent is involved, there is a greater chance for promoting the right and safe type of learning a child needs from today's technology.