



SCREEN TIME

SIX WAYS TO RETHINK



SET CLEAR LIMITS

Let children know which devices are theirs and what they are allowed to do on each device.



KEEP TRACK OF TIME

It's easy to underestimate how much time our child is spending online if you aren't actively tracking it.



TECH-FREE ZONES/TIMES

Offer toys that require real-time interaction and problem-solving.



EAT MEALS AT THE TABLE

Eating together is a great way to help reduce screen time.



MAKE CONNECTIONS

Help your child make connections between what they watch and every day life.



POSITIVE SCREEN TIME

Use devices to enjoy a video chat with a friend or family member.

