



Rethink Screen Time

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 your child is spending online if you aren't actively tracking it.

Eat meals at the table

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



Establish tech-free zones and times.



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



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



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

Doctors agree, too much screen time is not healthy for children.

