

DO YOU KNOW HOW MUCH SCREEN TIME KIDS GET?

Children between 8-18 spend 7 1/2 hours per day on average in front of a screen: watching television, playing video games, or using tablets, computers, or smart phones.



IMPACT OF SCREEN TIME

Decrease in emotional regulation

Decrease in social problem solving

Decrease in ability to sustain attention

Decrease in impulse control

Decrease in complex problem solving ability

How can parents help?

- 1** Designate media-free times: encourage physical activity away from screens each day.
- 2** Designate media-free locations: remove screens (including TVs) from your child's bedroom.
- 3** Place consistent limits on time, quality, and type of media used each day.
- 4** Allow kids to be bored — it encourages creativity and problem solving skills.
- 5** Encourage other types of activity that promote creativity, activity, social engagement, fine and gross motor skills (building blocks, board games, card games, arts and crafts, chores: folding clothes, setting the table, cooking)
- 6** Lead by example: limit your own screen time.