

Healthy Use Of Screens For Families

Limit Entertainment Screen Time

2 hours/day = 60 hours/month

It's 1 ½ weeks of a 40-hour/week job every month!

American Academy of Pediatrics recommends:

- Avoiding screens except for video chatting for babies under 18 months
- Co-viewing digital media for 18-24 months
- Limiting screen time to one hour for ages 2-5
- Setting reasonable screen time limits for ages 6-18



Set Expectations

No bullying

No nude photos

No porn



Create Screen Free Zones

Bathrooms

Bedrooms



Keep Private Things Private

Passwords

Address

Phone Number

Current location



Set Screen Free Times

Eating meals

During conversations

An hour before bed



Sleep Tech Free

Turn all devices in to parents' room before bed

Understand ...

- Capabilities of your kids' devices
- How to set parental controls

