

Setting Healthy Screen Time Limits

Children learn and grow through unstructured playtime and physical activity. It's easy to spend a lot of time in front of a screen, but screen time should be an add-on rather than a replacement for these important activities.

- Kids spend hours sitting at school desks and doing homework, so choose fun activities that get kids up and moving.
- Use screen time to interact with your child.
- Designate media-free zones during mealtimes, family outings, and at least an hour before bedtime.



May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Memorial Day					
31						

Scan for more tips on setting screen time limits.
getparentingtips.com/toddlers/health/setting-healthy-screen-time-limits-for-kids

