Rethink Screen Time

Six Ways to Rethink Screen Time

1. Set clear limits - Let children know which devices are theirs and what they are allowed to do on each device.

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

3. Tech-free zones/times - Offer toys that require real-time interaction and problem-solving.

4. Eat meals at the table -Eating together is a great way to help reduce screen time.

5. Make connections - Help your child make connections between what they watch and everyday life.

6. Positive screen time - Use devices to enjoy a video chat with a friend or family member.