

TURN OFF SCREENS

Screens can be great For learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.

+ get active!

HOW MUCH SCREEN TIME EACH DAY?

0-2 years		NO screen time	Choose active toys and play instead of screens
2-5 years		Less than 1 HOUR per day	Less screen time can help kids' sleep and growth
5-12 years		Less than 2 HOURS per day	Not including homework time

WHAT IS A SCREEN?

- TV/DVD/BLURAY
- Computer
- Game Console
- Tablet/Portable Games
- Phone

Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines For the Early Years (Birth to 5 Years)

TIPS TO MANAGE SCREEN TIME



Eat together as a family. No screens at meals for parents and kids



Before screen time - sleep, play outdoors, read and enjoy family time



No screens in bedrooms, especially at night



Take toys or books instead of screens when going out



Monitor kids' screen time. Set limits if needed



Sit less. Move more. Move every hour



Help kids sleep. Stop using screens 1 hour before bed



Parents - be a good role model. Reduce your screen time too



Dance to music, or play video games that get you on your feet