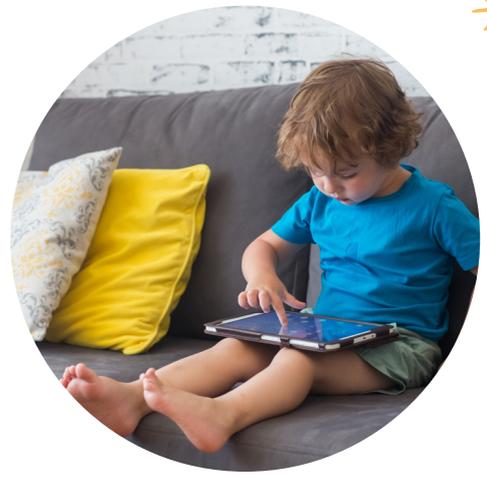


Establishing Healthy Screen Time Habits *



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● Establish family screen time rules (examples: No screens during mealtime, No screens in the toy room, 30 minutes of screen time after nap, No screens after 7:00 pm, No screens in the car unless the car ride is 30+ minutes)

● Don't let your child become dependent on your smartphone or tablet as their primary source of entertainment

● Balance screen time with other varied experiences (playing with toys, helping with chores, playing outside, reading books, going for walks, riding bikes, listening to music, and quiet time activities such as coloring or playing with stickers)

● Provide plenty of opportunities for play-based movement each day *

● Schedule screen-free outings occasionally (such as going to the zoo, park, or pool); not every event has to be documented with pictures and videos, so keeping your phone out of sight will keep your child's mind focused on other things

● Avoid using screen time as a self-regulation tool to get your child to calm down/stop crying; learning how to cope with big emotions and how to self-calm are critical life skills that begin to develop in early childhood

● Make screen time a scheduled part of your day, like meal time and bath time; avoid offering screen time to bribe your child or withholding screen time to punish your child (while well intended, these acts make screen time too powerful)

● Limit how often you use screen time as a digital babysitter *

● Try not to be digitally distracted; be mindful of your own screen time use – children learn by watching and imitating their favorite people

● As often as possible, make screen time interactive by talking about what your child is seeing and hearing on the screen; shared screen time experiences are more beneficial than independent screen time experiences for young language learners

● Avoid using screens as part of the bedtime routine; reading books before bed is a better option for promoting sleep than screen time

