

GETTING A GRIP ON YOUR CHILD'S SCREEN TIME

- Think about what is reasonable. Is your child using the computer for homework or only for video games?
- Let your child help decide how much screen time should be allowed during the week and on weekends.
- Write down screen time rules, have the family sign it, and display them where everyone can see them.
- You should try to follow the rules, too!

Here are some examples of rules to limit screen time:

No TVs, tablets, or similar devices in bedrooms.

No screen time during meals or before bedtime.

No screen time before homework is complete.

Not all screen time is the same. Video chatting with a relative isn't the same as playing games. Watching a movie with your child is also different. You want to encourage spending time together.

