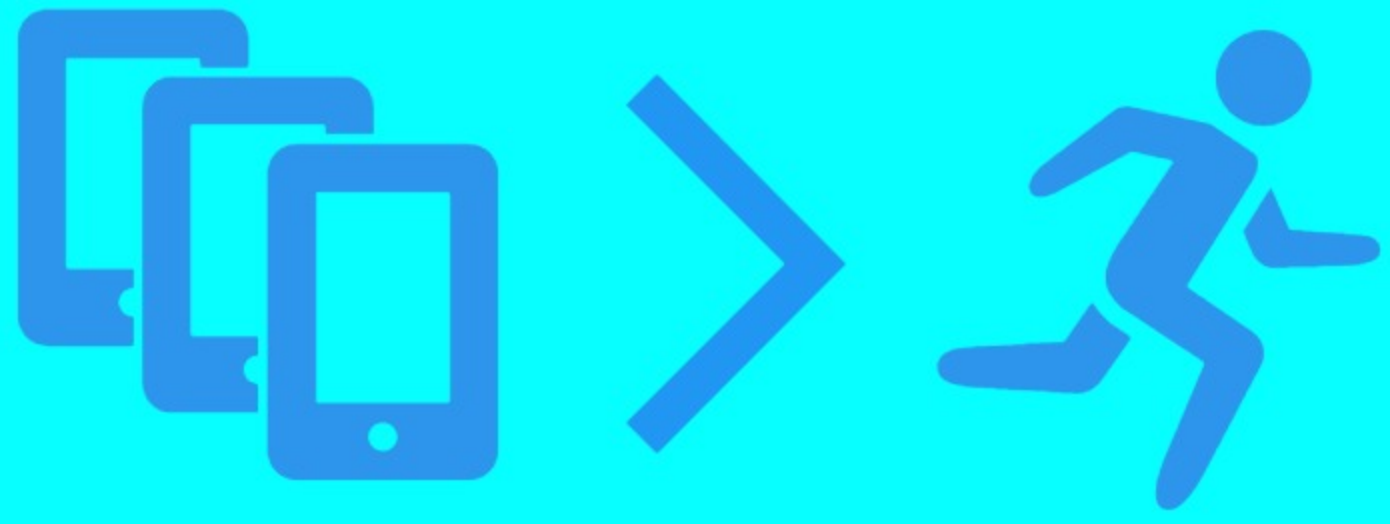
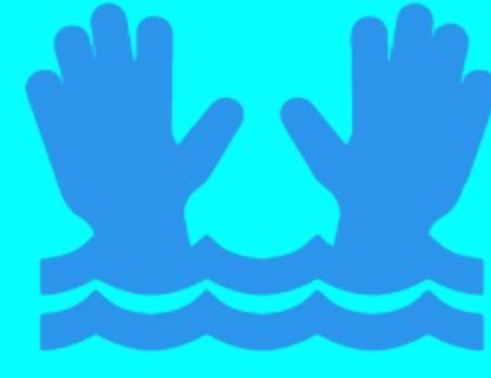


# ENJOY SCREENS NOT TOO MUCH MOSTLY TOGETHER



## 1. More, More, More

School-aged children spend more time with electronic media than doing anything else, besides sleep. For adults, using electronic media is the #1 activity.



## 2. The Bad

Too much exposure to media has small measurable negative effects, especially on sleep and obesity, and smaller risks for serious issues such as addiction. There's no established safe, or risky, dose.



## 3. The Good

Media has positive effects too, on reading, school readiness, and 21st century skills. It can be a resource for bonding, creative expression and fun.



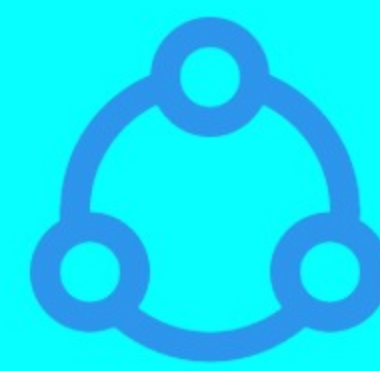
## 4. Start Early

Habits form early. Think about family routines when your child is a toddler.



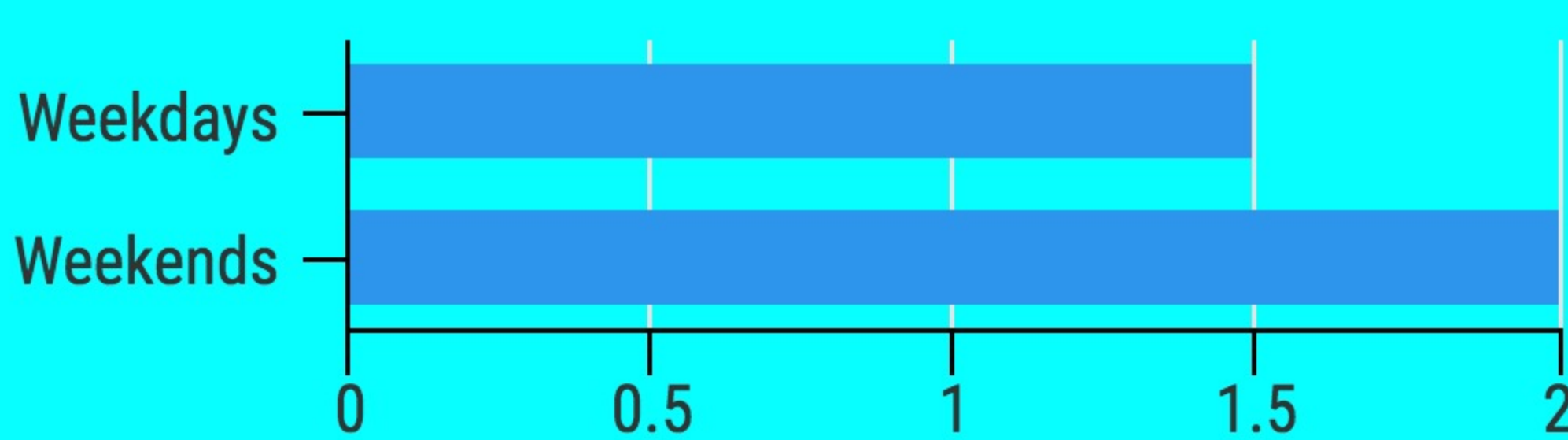
## 5. Your Voice Matters

Parental messages about tech make a measurable, positive difference in how your kids interact with screens.



## 6. Share Screen Time

With young children, treat a cartoon like a picture book - point out objects and name them. For older kids, discuss what's on screen; play games together and do research online..



## 7. Guidelines ● Hrs of Screen Time Per Day

You may choose to set guidelines by time, occasion, or content. Just avoid arbitrary case-by-case rulings.

## 8. Warning Signs

Weight gain. Sleeplessness; bedtime & wakeup battles, hyperactivity, irritability. School trouble. Friendship problems. Mood swings, depression, aggression. All are flags to take a screen break.



## 9. Protect Sleep

No devices up to 1 hour before bedtime. Turn off the tv, don't make screens part of the bedtime routine, and no devices in the bedroom overnight.



## 10. No-Screen Space

The whole family needs screen-free times, like family dinner. Managing your own use is crucial to successfully helping your kids self-manage.