



IS YOUR CHILD SCREENED OUT?

As a parent, it can be hard to tell how much technology is too much. Use the questions below to help gauge how much of a role technology plays in your child's day.

DOES YOUR CHILD...

- Get upset if they can't access technology?
- Have a hard time shifting attention from technology?
- Prefer technology over other types of activities?
- Sneak to use devices when they aren't supposed to?
- Grab a device first thing in the morning or late at night?
- Imitate bad behaviors from videos or video games?



SET LIMITS!

Screen Time Recommendations

AMERICAN ACADEMY OF PEDIATRICS



Healthy Tech Tips: Set boundaries that are right for your family.

MONITOR YOUR OWN SCREEN TIME

Exhibit healthy activities you expect of your child.

UNPLUG AND SET EXPECTATIONS

- Explain how and how long you expect your child to use devices.
- Put devices away at family time and at least 1 hour before bedtime.

KNOW WHAT APPS / GAMES YOUR CHILD USES

- Limit use, even on programs marked "educational." They may not actually be educational and are no substitute for real-world learning.
- Sites like esrb.org can help you decide what video games are appropriate.

CO-VIEW MEDIA WITH YOUR CHILD

- Comment on what's happening to young kids; ask older kids thought-provoking questions.
- More info: International Children's Media Center - icmediacenter.org.

WORRIED ABOUT YOUR CHILD'S TECH USE?

Talk to them about your concerns. Remind them the best moments are experienced in the real world!



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