

How to Get Children Away From Screens

Be consistent with limits.



Make sure that each day has **the same amount of screen usage** for your child and family.

Avoid background TV.



When not in use, **turn off the television to** avoid the distractions and normality of TV usage.

Set the example.



Model good screen behavior for your children by putting down your tablets and cell phones during family time, and playing with the kids instead.

Encourage other activities.



As a parent, you can **model and suggest healthy alternatives** such as outdoor play, reading a book, crafts, or board games.

Be a good observer, listener and asker.



Be more involved in your children's lives

by asking questions, listening to their stories, and observing and commenting on their non-screen time play activities.

Become media literate.



Understand

television show/tablet game ratings, educational vs. un-educational, and high-quality programming vs. low-quality programming.