



# Screen Time For Kids

## Why Limit Screen Time?

Children who consistently have more than one hour of screen time per day may suffer these side effects:

- Obesity
- Sleep problems
- Impaired academic performance
- Behavior problems
- More prone to violence
- Less self-control
- More easily agitated
- Less emotional stability
- More likely to argue with parents
- More difficulty making friends
- More distracted
- Less interested in learning
- Less likely to complete tasks
- Less able to handle challenges

"Consistency is the key to effectiveness!"

## How to Set Up Healthy Screen Time

- #1 Have a sit down conversation with your children and explain the negative aspects of too much screen time.
- #2 Make clear that parents own electronic devices in the home.
- #3 Put screens in plain sight.
- #4 Install parental controls.
- #5 Say NO to smart phones for kids.
- #6 Set daily time limits.
- #7 Be vigilant in monitoring content.
- #8 Make screen time an earned privilege.
- #9 No devices during family activities
- #10 BE CONSISTENT!