



DID YOU KNOW?



Did you know that children need to interact with people for their brains to develop normally?

That's one reason why it's important to limit your kids'

screen time. It can be hard to keep them away from all TVs, tablets, computers, and phones. But there are easy things you can do to balance your children's screen time!

Make a family media plan.



The most important things to remember when you make a plan are:

1. USE THE SCREEN TOGETHER.

Be with children during their screen time until they are about four years old. Talk about what you are watching, or play games together. Babies younger than 18 months should have no screen time at all.

2. MAKE A SCHEDULE FOR SCREEN TIME.

If your child knows they get to watch a show or use their tablet after their nap, it makes it easy to say no when they ask to watch something at another time. You can say, "It is not screen time now. We can watch one show at 3 pm like we do every day!"

3. CHOOSE THE RIGHT EDUCATIONAL PROGRAMS.

Many games and shows say they are educational, but not all of them are. Check the Common Sense Media website or ask your doctor for recommendations.

There are many good websites that can help you make your plan. Using the Internet for that won't count towards your screen time!

4. MAKE A BEDTIME FOR YOUR ELECTRONICS.

Just like your children have a bedtime, choose a time when all screens are turned off for the day. You can call it your family's "Screen Time Curfew"! Then use the rest of the evening to read books together and get ready for bed.



5. SET A GOOD EXAMPLE.

Put your phone away when you are feeding your baby and when eating with older children. It is ok to watch TV with your baby in the room sometimes, but turn the TV off when you aren't watching it.

A MEDIA PLAN IS A **WRITTEN CONTRACT** THAT YOU CAN MAKE WITH YOUR FAMILY. IT TELLS EVERYONE WHEN AND WHERE THE FAMILY CAN USE ELECTRONICS, WHO THEY CAN TALK TO ON-LINE, AND WHAT ACTIVITIES THEY CAN DO.



Visit www.commonsensemedia.org for recommendations on what media is age-appropriate for your children.

HOW TO EARN SCREEN TIME:

- ALL CHORES COMPLETED
- READ 30 MINUTES
- 30 MINUTES OUTSIDE PLAY

SCREEN TIME RULES

- NO FIGHTING/BACKTALK
- NO SCREENS DURING MEALS
- NO LYING/MISSING TASKS
- OBEY SCREEN-FREE TIMES



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