DID YOU KNOW?

Kids spend about 7.5 hours a day in front of a screen ¹

TIPS FOR TECHNOLOGY USE

- Don't feel the pressure to introduce technology early
- Avoid using screens as the only way to calm your children
- Avoid screen time before bed

WHAT YOU CAN DO

Encourage outdoor activity, such as going to the zoo or park

Encourage children to do arts and crafts, play an instrument, or read a book

Limit screen exposure to video chats with family

FOLLOW THE 20/20/20 RULE

- Every 20 minutes of looking at a screen
  - Look away at an object that is 20 feet away
  - For 20 seconds

RESOURCES

- Family Media Planning
- Early Learning Resources
- Vision Health

¹ n.a 10 Ways to Minimize Screen Time. Fit Sanford. https://fit.sanfordhealth.org/blog/10-ways-to-minimize-screen-time-