

A PARENT'S GUIDE TO MODERATE ELECTRONIC USE

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



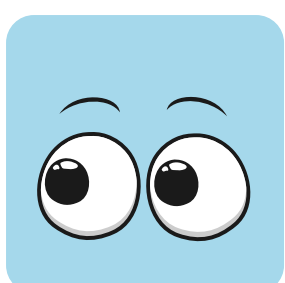
Limit screen exposure to video chats with family



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

Click on the resources below for more information

Family Media Planning

Early Learning Resources

Vision Health