

Make Room for Healthy Media Choices



Designate bedrooms
"screen-free zones."



Use screens
sparingly with
kids 2 and under.



Choose age-
appropriate,
quality shows,
games, and apps.



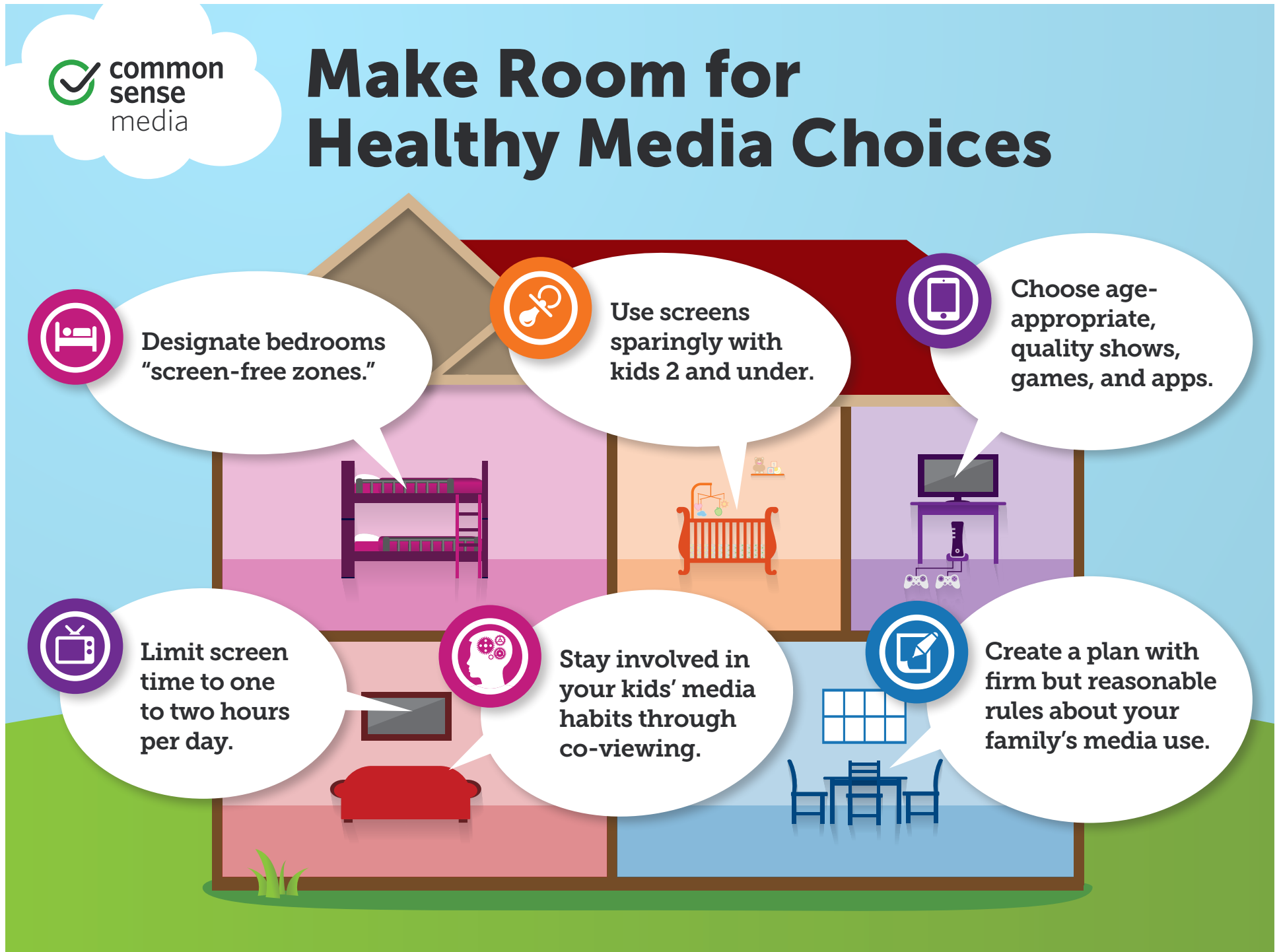
Limit screen
time to one
to two hours
per day.



Stay involved in
your kids' media
habits through
co-viewing.



Create a plan with
firm but reasonable
rules about your
family's media use.



Make Room for Healthy Media Choices



Use screens sparingly with kids 2 and under.

- o No studies have demonstrated a benefit to early exposure to TV and movies.
- o Kids need direct contact with adults and other children for healthy brain growth and language development.
- o "Background TV" has been shown to limit parent-child interaction.
- o Reading out loud to children from birth will enhance their development.



Limit screen time to one to two hours per day.

- o Playtime helps build problem-solving skills, encourages creativity, and develops fine and gross motor skills. Plus it's fun!
- o To determine kids' maximum daily screen time, total up use from all screens (smartphones, tablets, TV, computer).



Choose age-appropriate, quality content.

- o Violent media has a serious impact on children. For example, media violence is one of many risk factors for increased aggressive behavior. Comic violence is particularly dangerous, because it associates positive feelings with hurting others.
- o Certain kinds of media can be beneficial for children. Thoughtfully designed apps and games offer learning potential for both academic subjects and life skills.



Designate bedrooms "screen-free zones."

- o Kids who have TVs and other electronic devices in their bedrooms have an increased risk of fatigue, lower test scores, weight gain, and substance use and abuse.



Stay involved in your kids' media habits through co-viewing.

- o Talk with your child and watch, listen, and play along with their shows and games.
- o Remember, you are your kids' media role model. Put your own screens away when spending time with kids.



Create a plan with firm but reasonable rules about your family's media use.

- o Make a family media agreement with input from your kids.
- o Enforce screen time limits and bedtime "curfews" on electronic devices.
- o Pledge not to text and drive.

