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Ways to Reduce Screen Time

1



Refrain from using screen time as a reward

Other rewards can include: An extra hour at the park, a trip to the pool or beach, or a new soccer ball.

2



Control screen time

Monitor and limit the amount of time that children have access to electronic devices.

3



Set boundaries

Ensure that children are aware of times where screen time is not appropriate, such as during meals or before bed.

4



Be a good example

Be aware of your own screen time and try to refrain from frequent use when in the presence of children.

5



Encourage other activities

Playing outside, reading a book, or doing a puzzle are excellent ways to have fun while reducing screen time.

